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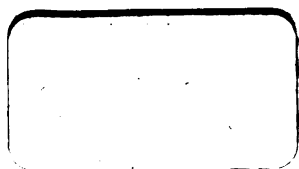
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HANDY HOUSEHOLD HINTS AND RECIPES

COMPILED BY
MATTIE LEE WEHRLEY

LOUISVILLE, KY.
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BY
MATTIE LEE WEHRLEY**

Gift of M. H. Winships

Dedicated to the memory of
my mother.

M. L. W.

**"You can live without music,
You can live without books,
But what civilized man
Can live without cooks."**

Owen Merideth.

PREFACE.

THIS book is a compilation of household hints and recipes culled from different sources—some tested recipes of my own; some from friends and celebrated Chefs of first-class hotels, which will give valuable suggestions to young house-keepers, as well as to more experienced ones; it also contains novel entertainments, menus, fireless cookery and a woman's corner and health hints; in short it is a complete and up-to-date cook book.

M. L. W.

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Handy Household Hints and Recipes

NOVEL ENTERTAINMENTS

It is not the time and the money expended in entertaining one's guests that make the successful hostess, but the thought and care shown for the individual tastes of the guests. The best hostess is she who understands best how to make each guest feel free to enjoy her hospitality in his or her own way; and the evidence of loving thought counts for much more than lavish preparation or constant attention to one's guests.

A Progressive Cafeteria.

After all the guests had assembled in the library, they were invited to come into the dining-room through a small door which obliged them to enter one by one. At their right they passed a table heaped high with black enameled waiters to which each helped himself or herself in passing. Still standing in line, they conned the burlesque bills of fare posted around the room, and having made up their minds to a choice of the various goodies, helped themselves from the array of dishes spread on a narrow table extending the length of the room and presided over by a trio of young people attired in the extreme of waiters' uniforms. Having filled their trays to their satisfaction, they gathered the necessary table silver and, as they passed slowly from the low French windows out on to the glass-enclosed heated and lighted veranda, each was handed his gay paper napkins, one to go under the tray, and an individual one numbered to indicate table. These napkins had, of course, been numbered in duplicate, and one did not know until he had found his table who his partner was going to be. Each little table was decorated with a gay posey and flanked with a pitcher of ice water and two tumblers. The veranda was decorated with garlands of electric bulbs dropped into Japanese lanterns.

After much merry-making all the lively crowd was seated, only leaving their tables to return to the automat for second helps for themselves or partners of the delicious chicken salad, shrimp pates or rasp rolls.

When the first course was entirely finished the proprietor (hostess) asked each youth to return napkins and trays of used dishes to the dumb waiter while she again

distributed the napkins in twos. When the youths returned, the numbers on their fresh napkins told them that they must seek partners with numbers corresponding and get for them the cream and cake which, by this time, was dished and waiting on the long table.

Still another change of partners was effected when the coffee and mints were distributed, and the affair passed off pleasantly, terminating in a jolly veranda dance.

Possibly, had the guests had an inkling of the originator's scheme, anticipation might have dulled the edge of their enthusiasm.

Afternoon Tea.

Sandwiches, olives, salted nuts, cakes, and bonbons are the usual accompaniments to afternoon tea of the informal type.

For the cakes, the batter may be baked in a thin sheet, and the little cakes cut from it with fancy-shaped cutters. The icing may be either boiled or made from confectioner's sugar, moistened with scalded cream. The icing may be divided into portions, and each portion colored differently. Use cochineal for pink, and the vegetable pastes for violet, green, and orange. For decorations use nuts, candied cherries, and violets, and form conventional designs of flowers and miniature trees, with tiny strips of preserved citron and bits of candied orange and lemon peel.

Halved lady-fingers may be dipped in icing and decorated in many attractive ways. Saltines are delicious if spread with boiled icing, sprinkled with chopped nuts, and browned in the oven. Small salted wafers are good if covered with melted sweet chocolate and almonds.

Sweet sandwiches are usually made of Boston brown bread, whole wheat bread, or nut bread, cut very thin and spread thickly with butter. For the filling, one may use orange marmalade, thinly sliced preserved ginger, or dates rubbed to a paste and mixed with chopped almonds and whipped cream. Raisins, ground with English walnuts and moistened with orange juice, make a delicious sweet sandwich filling.

How to Give a Lemon Party.

A New York hostess who wanted something quite new in the way of entertainment hit upon the idea of giving a lemon party. The invitations were sent out in the shape of lemons and tied with bows of yellow ribbon.

On arrival each guest was provided with a card on which

his or her name had been written and to which a spray of lemon verbena was tied by yellow ribbon. As soon as the guests arrived they were taken to the dining-room, where the dark table was covered with a centerpiece and doilies of lemon crepe paper, and surrounded by hedges of fragrant lemon verbena.

For the centerpiece a block of ice was placed on a deep tray, the latter being concealed by sprays of verbena and pale yellow nasturtiums. A small pyramid of lemons was piled high on the ice, over which trailed verbena and yellow nasturtiums. Each person was asked to choose a lemon from the pyramid, cut it out and count the seeds and put the number on his or her card. The lemons were then carried off to the pantry, where they were made into lemonade.

The seeds from the lemons were gathered into a large glass jar, tied with lemon-colored ribbon, and the jar placed so that every one could see it. Guesses were then in order as to the number of seed in the jar, and the number guessed was also recorded on the card.

For refreshments sardine and tongue sandwiches were served, iced tea with mint and slices of lemon, lemon sherbet, lemon cake and lemonade.

Large rush hats trimmed with lemon ribbon, artificial lemons and lemon verbena were given as prizes for the closest guesses as to the seeds in the jar.

Dainties for Summer Afternoon Teas.

Everybody has tired of the old-fashioned meat and bread sandwiches and something new that will please the palate on hot and sultry afternoons will surely be welcomed. A very economical way of using up fish, and one of the most popular of the new sandwiches, is made as follows:

Take the yolks of six hard-boiled eggs and rub them to a paste, and mix it with the same quantity of cold fish that has chilled in the ice box. Spread this mixture on crisp lettuce leaves, add a dish of mayonnaise dressing and spread between thin slices of white bread.

Every wise housekeeper has a can of sardines on the shelf for emergencies, and here is a nice sandwich that can be prepared in a few moments for the unexpected guest: Take half the contents of a box of sardines, skin and bone them. Rub or pound them to a paste, and moisten them with lemon juice and a dash of cayenne pepper. Spread this between thin saltine crackers.

Another sandwich that can be made in a few moments' notice is by chopping two large crisp cucumbers very fine,

and add to this a little onion juice, just enough to give it a flavor, and a little bit of cayenne pepper. Mix this with a little mayonnaise dressing and spread on thin slices of white bread.

Instead of the peanut butter that comes prepared in cans and has stood in the shops for months, try this: Take a quart of peanuts, shell and blanch them, and then put them through the coffee mill or very fine chopping machine. Salt this to suit your taste, and add to it enough port wine, sherry or any home-made wine to make it a soft paste. Spread on buttered white bread.

New Year's Table Decoration.

Suspend a hoop from the chandelier by wires covered with smilax. Red candles are fastened to hoop with wire. Now hang scarlet bells to hoop, and to each clapper tie a scarlet ribbon wound with smilax, each ribbon reaching to the bell that serves as a favor. The ice cream is served in scarlet cases, each handle has a bell fastened to it.

New Year's Croquettes.

Beat the yolk of one egg until thick, add two tablespoonfuls of cream, then work in two cupfuls of mashed potato. Shape into bells, and decorate each around the bottom with tiny cubes cut from a boiled sweet potato. Place a small, curving piece in the top of each, to represent the handle of the bell. Put the bells in a buttered pan, broad ends down. Beat the white of an egg slightly, add a teaspoonful of milk, and brush each bell with the mixture. Bake the bells until golden brown, and serve them on a hot platter. Garnish prettily with parsley. This is an ideal dish for New Year's dinner.

New Year Perfection.

Steep half pound of sultanna raisins in one quart of water for one-half hour; strain; add the liquor to a pint of orange juice, one cup of sugar, the juice of three lemons, one-quarter teaspoon of almond extract. Put in glass pitcher some canned strawberries, cherries, bits of lemon and orange, and two strips of cucumber peel; pack with shaved ice, pour in the liquid. Garnish top with a pineapple crown, cherries impaled on the spines and hung with clusters of holly berries. Surround with sprigs of mint.

In Honor of Lincoln's Birthday.

A luncheon or dinner party on the 12th of February may have these interesting features; decorate with flags and for the table centerpiece, make a representative Southern scene by having a log cabin (the toy shops have them, or they may be built of twigs) surrounded with a group of darkey dolls dressed in blue gingham pinafores, with a mule attached to a tiny dray or cart, loaded with wee bales of cotton; over the table suspend a fern ball filled full of little silk flags to be given to the guests as souvenirs.

At each corner of the table have large bows of red, white and blue ribbon. Cards bearing the portrait of Lincoln are obtainable and are suitable for place or score cards if cards are played.

The menu may include cream of corn soup, the bread sticks or crackers tied with narrow tri-colored ribbon. Place three or four wee stars cut from a slice of beet on top of the whipped cream, which caps the soup. Next chicken breasts with cannon ball potatoes cut with a small scoop, green peas (canned) the salad is tomato, fresh if possible, if not use the ones canned whole, chill and serve with a whipped cream mayonnaise on blue plates. For the desert serve ice cream forts made by dipping vanilla cream with cone-shaped scoops and placing candied cherries or small chocolate creams on the sides like gun sights, and on the top place a small silk flag.

Make a layer cake and ice in oblongs like the flag, tiny bluish gum drops being used for the stars or forget-me-not blossoms if obtainable. In most places colored sugars may be obtained from which red icing may be made. Drum-shaped boxes may be used for salted nuts or bon-bons.

St. Valentine's Day.

"Hearts are trumps" and Cupid comes into his own on the 14th. The air seems full of hearts, darts, true lovers' knots and all sorts of love symbols adored by lads and lasses.

For an unusually pretty party issue the invitations on heart-shaped cards, and if lace paper envelopes are obtainable inclose in them, as such novelties are permissible on this occasion. When the guests arrive hand them heart-shaped booklets containing five leaves, at the top of the first, have the letter "H," "E" on the second, "A" on the third, "R" on the fourth, and "T" on the fifth. Make two booklets of each color so partners may be found in this way for the game to follow. There must be enough card tables

to seat four at a table, and if convenient, large hearts (two over each table) may be suspended by ribbons to match.

Pass heart-shaped score cards and keep the score with tiny hearts passed by a little girl or boy dressed as a page or fairy; insert a fine wire in each heart with which score is kept so it may be fastened in the large heart score card. Pass pencils and when all are ready, ring a bell, allow five minutes and then ring the bell; the two at each table who have the most words progress and at the next table take the next letter, which will be "E." Continue until each letter has been written into words barring proper names. Award a prize for each table, or first, second and third, just as the hostess chooses.

A Valentine Menu.

Quite in keeping with this party and suggestive of the day, is the menu, consisting of:

Young-Love Sandwiches
Dream Salad
Soul-Kiss Ice Sugar Confections
Valentine Punch

Young-Love Sandwiches are made of white bread, with a filling of figs and nuts; Dream Salad is of fresh fruits, with French dressing; Soul-Kiss Ice is lemon ice, topped with whipped cream; Sugar Confections are small cakes covered with an icing of grated cocoanut and powdered sugar; while Valentine Punch is lemonade, containing a bountiful supply of red cherries.

A Washington Birthday Party.

As the Fourteenth of February belongs by good right to the younger folk, it is only fair that the twenty-second should be celebrated by the matrons. Acting on this assumption one young matron sent out invitations last year asking all her friends to an afternoon party from three to six. The invitations were made of red cardboard in the shape of hatchets.

Refreshments were served at small tables which the hostess covered with pretty cherry-decorated paper cloths. For centerpieces there were small pots with cherry trees, and the following menu was served:

Stars and Stripes Sandwiches
Washington Salad
Cherry Ice Dolly Madison Cake
Colonial Punch

The Stars and Stripes Sandwiches had a filling of

pimentos and cheese and were tied with red, white and blue ribbons. Washington Salad was made of apples, nuts and grapes with mayonnaise dressing. Cherry Ice was lemon ice with cherries frozen in it. Dolly Madison Cake was white cake with a filling of marshmallows and nuts, while Colonial Punch was iced grape juice.

After the last course had been served the hostess passed a pretty tray covered with small cocked paper hats filled with candy as souvenirs of the affair.

St. Patrick's Day.

If one wants to follow out a green color scheme in a luncheon, use shelled and skinned pistachio nuts, in place of almonds, and green Creme de Menthe cherries, in place of red ones. Do not put the pistachio nuts in water while preparing them.

Nothing could be prettier or more artistic than the dining-room decorations. Over the table is suspended a green silk parasol, or a green crepe paper one will answer just as well. Green ribbons are tied around the base of the handle and brought to each guest's place where they terminate in bows tied around little green pots containing shamrocks, which have name cards fastened to them. For a centerpiece there is a green basket filled with white carnations.

The menu is appropriate to the occasion of St. Patrick's Day and consists of:

Clover Sandwiches	
Hibernian Salad	
Macushla Cakes	Pat's Dream
Shandon Punch	

The clover sandwiches have a filling of olives and are cut in the trefoil shape. Hibernian salad is composed of cubes of grapefruit and halves of malaga grapes with mayonnaise dressing and is served in green paper cases. Macushla cakes are plain cakes iced with pistachio frosting. Pat's Dream is lemon ice decorated with green cherries; while Shandon punch is lemonade.

St. Patrick's Day Menu.

Spinach Soup	Imperial Sticks
Filletts of Halibut	
Cold Slaw	Savory Potatoes
Stuffed Onions	Malaga Salad
Pistachio Ice Cream and Cake	

St. Patrick Mints.

Boil one and three-quarters cupful granulated sugar and one and a quarter cupful water together for fifteen minutes; cool. Add enough of this syrup to a quantity of confectioners' sugar to make a soft, creamy mass of the desired consistency for shaping. Color green with vegetable coloring; flavor with essence of peppermint. Roll a small quantity into a long finger and cut into pieces one-quarter inch thick; or, make small balls, pressing half a pecan meat or blanched almond on each side. These are easily made, and very good.

An Irish Tea.

Invitations should be issued on small green cards for "Afternoon tea on the 17th of March."

Killarney roses in a bed of moss make a charming center decoration for the tea-table, while gold and white tea-cups and plates, fancy green crepe paper napkins, a brass teakettle, and candles without shades—in brass candlesticks—will complete an attractive effect. A menu somewhat as follows would be appropriate:

Cress Sandwiches	
Bolled Green Pepper Sandwiches	
Sponge Cake	Hibernian Tea

Use freshly baked, tiny tea biscuits for the cress sandwiches. For the pepper sandwiches, remove the seeds, and chop sweet green peppers very fine, mix with mayonnaise, spread on thin slices of lightly buttered sandwich bread, roll, and tie with narrow St. Patrick's ribbon. Bake the sponge cake in a square pan, and cut into blocks. It may be iced with a white or green frosting. The Hibernian tea is served with lime drops or green rock candy in place of sugar. Where lime drops are used, the lemon should be omitted. Small "market baskets" filled with green mints and candied mint leaves may be used as additional table decorations.

Easter Menu.

Lobster Cocktail	
Mushroom Soup	Finger Sticks
Capon with Asparagus	
Potatoes Stuffed with Anchovies	
Salad	Ice Cream and Cake
Salted Nuts, Cream Mints and Preserved Ginger	

Lobster Cocktail.

An appetizer for dinners. For each person allow two tablespoonfuls of catsup, one teaspoonful of grated horse radish, a pinch of salt and a dash of cayenne pepper. Serve lobster meat on heart lettuce leaves, in champagne or individual compote glasses and pass the sauce in a dainty relish dish.

Easter Salad.

Ingredients: One bunch new, green asparagus, cooked; one large orange, one egg, hard cooked; one head lettuce, French dressing. **Time:** Preparation, 15 minutes. **Number served:** Four persons.

Have ready the asparagus, which has been carefully cooked, drained and chilled. Cut the orange into four orange-skin rings. Divide the asparagus into four portions; slip the stalks through the orange rings, and arrange on individual plates on a bed of crisped lettuce. Pour over French dressing, dust with the egg, chopped very fine, add a sprinkling of chopped parsley. Serve very cold.

An April Shower.

A simple and pretty entertainment for a prospective bride was recently given in the form of a shower. Each guest was asked to bring a pair of gloves of any kind that might please her fancy and to write an original verse.

The hostess supplied herself with ribbons of various shades, each ribbon being about a yard long and half an inch wide. Each color she mated with a flower of similar hue. For red she chose a red rose; for pink, a pink rose; for white, a white carnation; for purple, violets; for rose, an azalea; for lavender, heliotrope; for green, mignonette; for blue, forget-me-nots; for light yellow, a jonquil; and so on.

From one end of each piece of ribbon she fashioned a small bow, and to the remainder of the piece she attached the appropriate blossom. Then when the packages of gloves were brought in at the appointed time, the hostess slipped into each parcel the rhyme composed by the girl who brought the package, and at the same time she presented her with a bow to pin on her frock. She then fastened the ribbon and flower that matched the bow to the parcel.

The parcels with the ribbons and posies were arranged in a fancy basket.

While the guests were enjoying the refreshments, the

hostess brought in the basket of flowers. She passed the basket to each girl in turn, asking her to pull out the ribbon and flower that corresponded with the bow that she wore, and to read aloud the accompanying verse before presenting her gift to the guest of honor.

An Easter-Monday Party.

Stately lilies, fluffy little chicks and brightly-colored eggs form the motif of an attractive party to be given on Easter-Monday. The invitations may be written on egg-shaped cards.

As the guests enter the room of the party, they select fluffy little yellow chicks from two baskets which stand on either side of the door. The boys choose from the basket on the right-hand side and the girls from the one on the left. Partners are found by matching the numbers of the couples found on little cards tied around the chicks' necks.

Egg-pool is the game which furnishes the first amusement of the evening. This game is played at small tables, four guests playing at each. At the four corners of each table, pockets are made by fastening by thumb tacks empty candy boxes from which the lid and one side have been removed. Then in the center of each table a pile of candy eggs is placed, eggs of two colors being employed, there being an equal number of each color. Two long sticks with sharpened ends are furthermore provided and the requirements for the game are complete. Each side chooses a color, and the object of the game is to drive all the eggs of the opposite side off the table into the pockets, each player having a try in turn and aiming, of course, at his opponents' eggs. Each egg left on the table counts one point, and the two guests belonging to the side having the most eggs left on the board at the end of the game progress.

Another game of a livelier nature is the Plucking of Lilies. For this game a number of paper lilies with long wire stems are placed about in the rooms. The guests all form a line and somebody plays the piano, stopping suddenly as a signal for the guests to pluck lilies. As soon as the music starts they must immediately join line again. If anyone touches a flower after the first bar of music he must forfeit all the lilies that he has picked. The guest plucking the most wins the prize.

The following are some appropriate supper suggestions:

Br'er rabbit salad is made of lettuce and hard boiled eggs with mayonnaise dressing. Easter sandwiches have a filling of chopped nut meats and cheese. Lily ice is lemon

sherbet with a border of lily petals. Bunny cakes are in the shape of rabbits with currant eyes, while Humpty-dumpty punch is iced grape juice.

Fourth of July Decorations.

Make a mock drum of stiff cardboard, gilt paper and cord. Place a pan in center of drum, cover with red paper and fill with sand. The flags are stuck in the sand. Small drums, instead of bon-bon dishes, are filled with peanuts and red and white candies. The candle shades are made of white crepe paper, stamped with gilt stars and tiny flags. To the back of each chair is tied a red balloon.

Centerpiece for Hallowe'en.

Select a large and rather flat pumpkin. Holes are made in upper side, in which are inserted white and yellow candles, alternating. Baskets carved from pumpkins, filled with fruit, are placed at either end of table. A pumpkin vine with blossoms is twined in and out the three pumpkins to form a figure 8. Have orange-colored candle shades in pumpkin shape and have ice cream served in papier-mache pumpkins.

An Appetizing Menu for a Late Supper.

Chicken a la king in chafing dish, toasted brown bread, celery, apple and nut salad and coffee; to this may be added bowls of roasted chestnuts, ginger bread, cider and nut fudge, to be eaten at midnight.

"Dumb Cake."

One and one-half pounds flour, one and one-half pounds sugar, one-half pound butter, two cups milk, four teaspoonfuls baking powder, ten eggs and two gills brandy and a little pulverized mace. Mix as any cake and bake in a flat pan. Now cut off two corners to make it a triangle; ice top and sides with icing; outline nuts and garnish the lower edge with English walnuts and autumn leaves.

Thanksgiving Dinner.

Oyster Soup

Mashed Irish Potatoes

Asparagus

Creamed Macaroni Salad (Celery)

Candied Sweets

Mince Pie a La Mode

Thanksgiving Afternoon Party.

Charming indeed was the dining-room table with its centerpiece of yellow chrysanthemums arranged in a basket with the handle tied with a butterfly bow of yellow tulle. The dainty name cards were in the shape of leaves, their stems tied with narrow yellow ribbon and the names written across them in gilt letters, while pretty bon-bonnières representing yellow chrysanthemums held mints and salted nuts.

The following menu was served:

Peanut Sandwiches
Squirrel Salad Horn o' Plenty Pudding
Thanksgiving Cakes
Puritan Punch

The peanut sandwiches were of brown bread with a filling of peanut butter. Squirrel salad was made of English walnuts and diced grapefruit, garnished with cherries; horn o' plenty pudding was ice cream with nut sauce; Thanksgiving cakes were iced with chocolate and studded with almonds; while Puritan punch was plain grape-juice.

A Christmas Luncheon.

	Cream of celery soup.	
	Chicken saute with cauliflower.	
Stuffed peppers.		Mashed potatoes.
	Cream cheese salad.	
Christmas jelly.	Whipped cream.	Cake.

Cream of Celery Soup.

Two small potatoes, one small onion, one-half dozen stalks of celery. Slice, cover with water and boil until tender. Add sufficient milk and cream. Thicken with a tablespoonful of butter rubbed to a cream with a teaspoonful of flour, and boil up; add a little parsley; salt and pepper to taste.

Chicken Saute With Cauliflower.

Cut a young chicken as for fricassee; parboil, drain and set aside after seasoning with salt, pepper and a little lemon and onion juice. Drain again, roll in flour and saute in hot fat. Arrange on a serving dish. Divide a hot, boiled cauliflower, place about the chicken and serve with cream sauce.

Stuffed Peppers.

Wash a dozen large red peppers; cut off the tops and remove seeds and veins. Mix together one cup of bread crumbs, one small chopped onion, one teaspoonful salt, one teaspoonful sugar, one tablespoonful butter and pulp and

juice of six chopped tomatoes or one whole can. Fill peppers, place in pan with small piece of butter on each. Dredge with a little flour and bake rather slowly until tender—about twenty minutes.

Cream Cheese Salad.

Form white cream or Neufchatel cheese into balls the size and shape of birds' eggs. Speckle with few grains of red pepper. Serve cheese eggs in nests of lettuce leaves on individual salad plates with mayonnaise.

Christmas Jelly.

Make small individual molds of gelatine. Fill the center with diced pineapple and top with a spoonful of whipped cream. Arrange a few bits of pineapple around the dish and garnish with holly berries.

The Christmas Dinner.

Oyster and Celery Soup
Pineapple Salad or Celery Salad Bread and Butter
Lyonnaise Potatoes Golden Ball Fritters
Boiled Turnips
Roast Turkey, Cranberry Sauce
Date Souffle Cranberry Sherbet
Plum Pudding
Black Coffee
After-Dinner Mints

Candle-Holders.

Rosy-cheeked apples, polished, then hollowed out to receive the end of a candle, make charming candle-sticks. At a child's party, especially where a color scheme of red and white is carried out, nothing prettier or more suitable could be devised.

Christmas Loaves.

One pound round beef, one pound lean fresh pork, one teaspoonful salt, two cupfuls stale bread, two tablespoonfuls beef drippings, one-fourth teaspoonful white pepper, dash of nutmeg.

Have the beef and pork chopped together very fine. Add the bread which has been soaked in water and squeezed dry, then seasoning, and mix well with the hands. Mold into two round balls of equal size, making them as firm as possible. Dredge well in flour. Put one tablespoonful of drippings in deep stew pan or iron pot on top of the stove and the other tablespoonful of drippings in a frying pan;

then put a loaf in each pan and brown thoroughly, about half an hour. When browned on all sides, put them both in the kettle. Cover and simmer for one hour. Lift the loaves out carefully and put them on a platter. Mix one tablespoonful flour with one-quarter of a cup of cold water until perfectly smooth, then add slowly to the boiling gravy, stirring constantly to keep it smooth. Let it boil for a few minutes, then add salt and pepper to taste. Put a ring of spaghetti around the Christmas loaves and pour gravy over all. When serving, cut in thin slices.

FOUR TABLE DECORATIONS.

A Violet Dinner Table.

On a rectangular table place a mirror, elevated somewhat, with a two-inch edging of violets and their leaves, their stems sunk in wet sand. Cover almost the whole mirror with a mound of violets. Fasten large bunches of violets at the corners of the table tied with bows and streamers of soft violet satin ribbon. Dull green candlesticks should be used, the candles being white and the shades covered with violets.

For a Good-Luck Luncheon.

At a "good-luck luncheon," given for a bride-to-be, covers were laid for seven, a lucky number. The centerpiece was in the shape of a swastika (made by a tinsmith) and filled with purple and yellow pansies—"Pansies for thoughts"—and the colors were those of the bride's Alma Mater. The white menu cards were in the shape of four-leaf clovers pasted on pansy-colored ribbon, and the favors were gilded wishbones with tiny white bows.

All-White Wedding Table.

Put a large piece of window-glass in the center of the table, hiding the edges with smilax. In the center of this place a large wedding cake with white roses around it. Four glass candlesticks with white candles, and two glass bowls of white roses should be arranged artistically. Have tiny glass slippers filled with white flowers for souvenirs.

A Pretty Blue Bird Decoration.

Have a mound of pink cosmos (or any pink blossom) in the center of the table and arrange blue birds on a few branches; and have a little green bird house in a corner of the room with blue birds coming out.

MENUS.

Electrical Breakfasts for a Month of Spring.

For the small family of from two to four persons electric cookery is the quickest, most convenient, and most satisfactory method of preparing breakfast. Presumably, no household is obliged to depend on electricity for all its cooking, but with a little planning and forethought, practically no other fuel is needed for the first meal of the day. What comfort this means to apartment dwellers, bachelor girls (and men, too!), all of those who have a room only, or live in apartment hotels—it would be hard to estimate. Any family using electric current for lighting, may adopt, for the sake of economy in time, labor, and often actual fuel, at least one or two of the many types of electric cooking devices.

I

Grapefruit Halves	Corn Puffs
Oyster Fritters	Toast Coffee

II

Iced Orange Juice	Grapenuts
Lamb Chops	Creamed Potatoes Coffee

III

Malaga Grapes	Cream of Wheat
Lamb's Kidneys	with Bacon
Toasted Half-Biscuits	Postum Cereal

IV

Stewed Prunes
Rice Cakes with Corn Syrup
Graham Toast Coffee

V

Cherries	Shredded Wheat Biscuit
Grilled Smelts	English Muffins Coffee

VI

Sliced Oranges	Pop-Corn as Cereal
Goldenrod Eggs	Cocoa

VII

Strawberries
Fried Philadelphia Scrapple
Toasted Crumpets
Coffee

VIII

Baked Apples
Waffles
Maple Syrup
Postum Cereal

IX

Creamed Fish Flakes
Orange Marmalade
Toast
Coffee

X

Canned Pears	Oatmeal
Cheese Omelet	Toast Coffee

May Luncheons.**1**

Clam Cocktails in Tomatoes
 Cream of Cucumber Soup Croutons
 Luncheon Chops Grape Sherbet
 Strawberry Salad, Pineapple Dressing
 Toasted Wafers Edam Cheese
 Bonbons Black Coffee

2

Grapefruit Cocktails
 Chicken Toast Patties, Mushroom Garnish
 Easter Salad Cheese Straws
 Individual Short Cakes
 Mints. Black Coffee

3

Clear Consomme
 Fish-flakes in Shells
 Company Rolls Sweet Butter
 Broiled Sweetbreads New Peas
 Vanderbilt Salad
 Frozen Rice Pudding, Strawberry Sauce

A Menu.**BREAKFAST**

Sliced Pineapple Saratoga Chips
 White Fish Souffle
 Crisped Cucumbers Hot Muffins
 Coffee

LUNCHEON

Cold Sliced Ham French Fried Potatoes
 Iced Tomatoes, French Dressing
 Cherry Pie Iced Coffee

DINNER

Tomato Bouillon in Cups
 Roast Spring Lamb, Mint Jelly
 Browned Potatoes New Peas in Cream
 Fried Egg Plant Lettuce Salad
 Strawberry Float Sponge Cake
 Coffee

Easy After-the-Club.

If your family care for liver and bacon, they make a satisfactory dinner or supper dish that can be quickly cooked in the oven. This, too, can be seasoned and ready in the pan, before you go out in the afternoon.

I like to cook food in the oven. You don't have to watch it very closely, so you have time to do other things while it is cooking. It is more wholesome, too, than fried food,

and you don't have the spattering of grease or the odor that comes from frying.

With liver and bacon, we like a dish of hot scalloped potatoes. Perhaps you don't like to go away for a couple of hours and leave the oven gas turned low, but I frequently do and the results are always good. If you don't wish to leave your potatoes in the oven to cook slowly while you are away, you can cook them before you go, and reheat them while the liver and bacon are cooking.

I wonder if your family like sauer-kraut. Mine are especially fond of it. I have the very best and easiest way of cooking it. You know the Dutch boil a piece of fresh pork, and cook the sauer-kraut with it. All the neighbors know what you are having for dinner, and the odor remains for days. If it was cooked in my way, you would not know it was being cooked.

Take a baking-pan with a tight cover, place a generous layer of sauer-kraut in the bottom, and over this lay several slices of bacon. Then put in another layer of sauer-kraut with more bacon, until the dish is three-quarters full. Add one tablespoonful of sugar, cover with hot water, place the cover on the pan, and put it in the oven with the gas turned very low. It will be tender, wholesome, and of fine flavor. This is one of my very best go-away-to-spend-a-few-hours-and-come-home-and-find-dinner-ready dishes. Before going out, I leave potatoes (pared and cut in pieces) in cold water, as we like mashed potatoes with sauer-kraut.

For the April Dinner.

Light meals with but little meat, and plenty of green vegetables and fresh fruits are needed at this season.

1

Broiled Halibut Steak Princess Potatoes
Easter Salad. Toasted Whole Wheat Wafers
Pineapple Tapioca

2

Thick Vegetable Soup
Baked Hominy Vanderbilt Salad
Graham Gems Strawberry Cream Cake

3

Cold Braised Beef, Horseradish Cream
Baked Spaghetti Boiled Bermuda Onions
Dandelion Greens, French Dressing Wafers
Dutch Coffee Ring Fruit Coffee

4

Clam Chowder Soda Crackers
Spinach with Poached Eggs, Bacon Garnish
White Bread New Green Onions
March-Puddings, Strawberry Hard Sauce

5

Tomato Bouillon Finger Rolls
 Chicken Casserole Boiled Sump Radishes
 Lettuce Hearts, Roquefort Dressing Wafers
 Maple Ice Cream Small Cakes
 Black Coffee

6

Cream of Potato Soup
 Broiled Sweetbreads Rolls
 Asparagus Hollandaise Spring Salad
 Anchovy Toast Rhubarb Tarts
 Coffee

The Summer Bill of Fare.
Breakfast—Saturday

Scrambled Eggs Muffins

Midday

Peach Shortcake

Evening

Chicken Cooked in Casserole with Little
 Onions and Carrots
 Jelly

Boiled Rice String Beans

Breakfast—Sunday

Peaches Eggs and Bacon Rolls

Midday

Creamed Chicken and Rice
 New Peas Tomato Salad

Evening

Toasted Crackers
 Cottage Cheese Fig Marmalade

Breakfast—Monday

Poached Eggs on Toast
 Buttered Toast Marmalade

Midday

Broiled Tomatoes with Cream Sauce
 Bread and Butter

Evening

Vegetable and Chicken Hash (made with
 all the left-overs)

Peaches Cookies

Breakfast—Tuesday

Oatmeal Muffins

Midday

New Peas Bread and Butter

Evening

Broiled Fish New Potatoes
 Chopped Cabbage with Boiled Dressing

Breakfast—Wednesday

Fruit
 Scrambled Eggs Toast

Midday

Cream of Pea Soup
Bread and Butter

Evening

Fish Cakes Swiss Chard
Creamed New Beets Bread and Butter

Breakfast—Thursday

French Toast Marmalade

Midday

Vegetable Salad Bread and Butter

Evening

Creamed Dried Beef Baked Potatoes
Apple Pie

Breakfast—Friday

Cereal and Peaches Rolls

Midday

Vegetable Soup Bread and Butter
Apple Pie

Evening

Macaroni with Cheese Bread and Butter
Individual Peach Shortcake

Sustaining Breakfasts.

1

Oranges
Molded Farina, Cream
Scrambled Eggs, Bacon. Rye Muffins
Cereal Coffee

2

Raw Apples
Cracked Wheat, Cream
Shirred Eggs Toasted Muffins, Marmalade
Cereal Coffee

3

Baked Bananas, Cream
Hominy Puffs, Honey Milk

4

Ready-cooked Cereal Stewed Apricots, Cream
Broiled Salt Mackerel Baked Potatoes Toast

For the Lunch Basket.

1

Minced Celery and Bacon Sandwiches, with Lettuce
Peanut Butter Sandwiches (Graham Bread)
Apples or Grapes Sweet Chocolate

2

Chicken Sandwiches (White Bread)
Date and Nut Sandwiches (Whole Wheat Bread)
Baked Cup Custard Grapes or Orange

3

Egg and Cress Sandwiches (White Bread)
Cream Cheese Sandwiches (Boston Brown Bread)
Jellied Fruit Spiced Oat Cookies

Handy Household Hints and Recipes

4

Minced Beef or Tongue Sandwiches (Rye Bread)
 Ground Fig or Prune Sandwiches (White Bread)
 Apples Banana Come Again Cake

The Evening Meal.

1

Vegetable Soup
 Cold Turkey Candied Cranberries
 Baked Stuffed Potatoes Creamed Carrots
 Baked Date Pudding, Cream

2

French Roasts Baked Sweet Potatoes Rolls
 Cabbage and Lettuce Salad Cheese Wafers
 Russian Apples Sugar Cookies

3

Tomato and Rice Soup Whole Wheat Wafers
 College Pie Spinach, Egg Garnish
 Stewed Pears Chocolate Cake

4

Broiled Mutton Chops Creole Rice
 Creamed White Turnips
 Celery Salad Wafers
 Baked Prune Pudding Quick Gingerbread

5

Lentil Soup, Croutons
 Broiled or Baked Fish Creamed Potatoes
 Grape Fruit Salad Brown Bread
 Apple Custard

6

Salmon Soup Whole Wheat Rolls
 Hunter Steaks Yellow Squash
 Pineapple Salad
 Cream Cheese Toasted Crackers Apricot Jam

Saturday Luncheons.

1

School-Boy Lentils Bread and Butter
 Oranges Quick Gingerbread

2

Baked Hominy Stewed Tomatoes
 Graham Bread Peach Butter Iced or Hot Cocoa

3

Creamed Smoked Beef Corn Fritters
 Bread and Butter Stewed Fruit

4

Baked Beans, Broiled Bacon Baked Potatoes
 Boston Brown Bread Baked Apples

5

Baked Macaroni with Oysters or Cheese
 Date Muffins Milk Fruit

6

Friday Chowder
 Whole Wheat Bread Cabbage Salad
 Apple Cake

For Luncheons.

For luncheons, the macaroni may be cut into smaller pieces after being boiled, and then baked with its creamy cheese dressing in individual dishes or ramakin shells.

Never throw away the shell of a pineapple or Edam cheese. Fill it with boiled macaroni and cream sauce and set into the oven on a baking dish lined with heavy white paper and bake in a moderate oven fifteen to twenty minutes. The shell will provide the necessary cheese flavor and no chopped or grated cheese should be added to the cream dressing. Serve this shell on a paper lace doiley or folded napkin.

A Grapefruit Cocktail.

For an appetizer to serve as the first course at a luncheon, a grapefruit cocktail is particularly good. Peel two large grapefruit, remove the pulp from the partitions, and put about two tablespoonfuls of bar sugar over the pulp. Let it stand two hours.

The Chafing-Dish for Impromptu Affairs.

Few people realize the possibilities of a chafing-dish. To the housewife with many servants it insures the good service of hot creamed or a la Newburg dishes. To those who keep one servant it is most valuable for Sunday-night teas, or for suppers on the maid's day out. To the woman who does her own work it is the most useful of all utensils.

The first preparations must be carefully made long before the meal. All recipes call for butter by tablespoonfuls—two level tablespoonfuls of butter mean one ounce. Measure what is needed for the special dishes you intend to prepare, make each ounce into a ball or square, put at once on a dainty plate and stand aside in a cold place. Measure the necessary stock or milk; put into little pitchers and stand aside with the butter. Cut the meat into blocks or slices, according to the dish. Fill a small bowl with flour, and get salt, pepper and other seasonings ready.

For easy work group all seasonings at the left, the butter and flour at the right, the meat and liquids at the left. Also at the right place a teaspoon and tablespoon for measuring, the serving-spoon and the long-handled chafing-dish paddle. Attention to these matters saves trouble and time. See that the lamp is filled and the matches are at hand before inviting out the guests.

Nearly all chafing-dishes have two pans: a hot-water pan next the flame, and a "blazer" in which you cook. Use

the hot-water pan only for keeping things warm for a second helping. The heavy copper and earthen dishes consist of a "blazer" only. Good alcohol is expensive at first cost, but it does not burn away so fast as wood alcohol, and is, I think, less dangerous. Personally, however, I frequently use wood alcohol on account of its low price by the gallon.

A list of simple dishes that may be cooked on a chafing-dish:

Poached Eggs	Scrambled Eggs
Curried Eggs	Eggs Fondue
Eggs Brouilli	Omelets
Creamed Fish	Creamed Lobster
Creamed Crabs	Creamed Chicken
Creamed Sweetbreads	Creamed Chipped Beef
Creamed Mushrooms	Panned Oysters
Curried Oysters	Deviled Oysters
Fricassee of Oysters	Stewed Clams
Lobster Fricassee	Lobster a la Newburg
Curried Lobster	Curried Crabs
Curried Shrimps	Shrimps a la Newburg
Beef Pats in Brown Sauce	Fish Pats in Spinach
Mutton Pats in Tomato Sauce	Sauce
Salmi of Lamb Cutlets	Mutton Chop Hearts with
Calves' Brains in Tomato Sauce	Mushrooms
Cheese Fondue	Stewed Mushrooms
Bird Breasts in Brown Sauce	Welsh Rarebit
Scotch Woodcock	Venison
	Lamb's Kidneys with
	Brown Sauce

Let me tell you how to prepare and serve a luncheon or supper for six persons all from one ordinary chafing-dish.

Grapefruit Cocktail	
Creamed Oysters	Rolls
Beef in Brown Sauce	Peas
Mayonnaise of Celery	
Wafers	Cheese
Coffee	

In the morning make the mayonnaise and put it aside. Cut the celery, soak it for an hour in cold water, dry and put it in a cold place. Drain the oysters, pour over them a pitcher of cold water, drain again, turn them into a pretty bowl and put them in the cold. Put half a pint of milk into a pretty pitcher and stand it near the oysters. Cut the cold cooked beef into cubes. Add to them a pint of cooked peas or one can of peas. Put these into the bowl ready for the table and stand them away with a pint of stock in a

pitcher. Chop a little parsley and put it into a tiny cup or dish. Make the cocktail mixture and put it on the ice. To do this cut two grapefruit and three oranges into halves; scoop out the pulp, keeping the orange skins perfect; add to the pulp four tablespoonfuls of sugar, and, if you have it, half a tumblerful of currant or quince jelly cut into blocks. Put this into the orange skins, and put them on a plate in the refrigerator. Before announcing the meal place these on a pretty little dish on the table. While they are being eaten put an ounce of butter and two tablespoonfuls of flour into the chafing-dish, mix and add the milk; when boiling add the oysters, cook until the gills curl; and cayenne, black pepper, a teaspoonful of salt, and, if you like, a teaspoonful of Worcestershire sauce. Serve at once from the dish. Pass rolls, bread, biscuits or pulled bread. Have the dish washed at once and begin to cook the beef. Put two ounces of butter and four tablespoonfuls of flour into the dish, mix and add the stock. When boiling add one teaspoonful of kitchen bouquet or coloring, one of salt, and a saltspoonful of pepper; add the meat and peas. Cover the dish a moment and when hot it is ready to serve. The plates must, of course, be changed. After this the dish may be removed and the salad brought in.

The following luncheon bills-of-fare are quite easily prepared. These may also serve for twelve o'clock breakfasts, or for suppers:

Oysters on the Half-Shell	Sweetbreads a la Newburg
Chicken a la Bordelaise	Rolls
Whole Wheat Bread	Cress Salad, French Dressing
Wafers	Cheese Coffee

Sardine Canapes	Rolls
Panned Oysters	Mutton, Venison Style
Lettuce and Celery Salad	Wafers
Lemon Jelly	Lady-Fingers
	Coffee

Cold Mutton Warmed in Tomato Sauce
Brown and White Bread
Canned Fruit
Wafers

Lobster a la Newburg
Bread and Butter Sandwiches
Lettuce Salad
Coffee

Clam Bouillon
Chicken and Mushrooms, Cream Sauce
Mayonnaise of Celery
Wafers
Cheese
Coffee

Salmon a la Newburg Chafing-Dish.

One tablespoonful butter, one tablespoonful flour, salt and pepper, three-fourth cup milk. Add salmon when mixture is creamy. Now add one-half can of French peas, and lastly lemon juice, and add one tablespoonful of sherry, if desired.

Welsh Rarebit.

Cut up small one pound of American cheese and put in the chafing-dish with a gill of milk, and stir until the cheese is melted, then season with pepper, salt and a saltspoonful of mustard flour, and add in just before serving the yolks of two eggs beaten up; pour it over slices of hot toast and serve at once.

Welsh Rarebit.

Use a chafing-dish, or just a flat agate pan that can sit in another, in which there is boiling water. Place a lump of butter in the pan, and as soon as it melts, drop in a half of a pound of sharp cheese, cut into small pieces. While this is melting, beat an egg lightly, and add to it a cupful of milk, and a scant half teaspoonful of salt. Pour this into the cheese and butter as soon as they have run together and look soft. After the mixture has been boiled for ten minutes and stirred the while, the rarebit will be of the consistency of thick cream and will be ready to be served. A dessertspoonful of Worcestershire sauce may be stirred into it. Served on toast or crackers, this will make a substantial dish for a Sunday night supper, or as a luncheon dish it can be made at the table by the hostess. This recipe will never rope and get tough. The rarebit, indeed, can be used the following day as a sandwich filler and will be just as creamy and digestible as when freshly made.

Oyster Roast.

An oyster roast fancy is made by taking six large-sized oysters, melting a lump of butter in the chafing-dish, and laying the drained oysters in the hot pan to fry until brown on both sides. Then add more butter as it is needed, and when the oysters are brown on both sides put in two tablespoonfuls of catsup, a teaspoonful of Worcestershire and sprinkled with paprika.

Chicken Saute With Asparagus Tips.

Remember in preparing this dish that it is only one course of your luncheon menu, so when you have drawn and wiped your chicken dry, cut it into small sections, discarding the back and neck for future use in making stock. Cut the breast into at least three pieces, and do not use the giblets at all. Melt two tablespoons of clear bacon drippings and lay the chicken in this, turning it often, so that it mellows in the bacon grease but does not fry brown. Cover, set on the back of the stove, and let it steam half an hour. It should not be permitted to burn down. Roll each piece separately in fine breadcrumbs already seasoned with salt and pepper. Pour off any liquid or broth that may be left in the skillet to use in the gravy, and add fresh bacon grease or a little butter, or both. Brown the chicken in this grease, remove, drain and arrange on a hot platter. To the drippings left in the pan add one tablespoonful of flour, rub smooth and then add whatever liquid you may have poured from the chicken and half a cup of rich, sweet milk or thin cream. When this comes to a boil add one cup of canned asparagus tips which have been drained, a pinch of ground mace, a few drops of lemon juice and the yolk of one egg. Just as it comes to a boil, and before the yolk of the egg curdles, pour over the chicken and serve piping hot.

Deviled Meat.

Deviled meat in the chafing dish was much liked by the master of the house. The cooking school formula was an ounce of butter, a teaspoonful each of vinegar and Worcestershire sauce, one-fourth teaspoonful of made mustard and a pinch of cayenne. These were well blended, cuts were made in the meat and the sauce rubbed into them. A little butter was heated in the chafing-dish and the meat laid on it until very hot. Turn while cooking. Rare meat, either beef or lamb, is best for this.

An occasional curry varied the menu. The young housewife soon discovered that nothing is more fatal to appetite than the expected. Two ounces of butter were heated with one small grated onion. To this was added an ounce of flour mixed with a little cold water, half a teaspoonful of curry powder, the juice of a lemon and one-fourth pint of water. When the sauce was smooth and thick, the meat cut in thin slices was simmered in the sauce five minutes.

Nut Rabbit.

Make a delicious nut rabbit that cannot be excelled as the principal dish for luncheon. A tablespoonful of butter is melted in the sauce pan—or in the chafing-dish—then a tablespoonful of flour is blended with the butter and a cupful of milk added, while a brisk stirring is going on to prevent the formation of lumps.

Half a cupful of cheese that has been sliced very thin is put into the white sauce when it is smooth, and the mixture is stirred until the cheese is melted. One-half of a cupful of chopped pecan nut meats is beaten into the same amount of cold cooked rice with half a teaspoonful of salt and a chopped pimento. The rice mixture is turned into the cheese, and when it is thoroughly heated through, the nut rabbit is served on slices of hot toast that have been buttered generously. This amount will serve five people.

Sweet-Bread Saute in the Chafing-Dish.

Let the sweetbreads stand one or two hours in cold water, changing the water once or twice if very much discolored. Drain and place them in a saucepan adding one-half teaspoonful of salt, one-half teaspoonful of pepper corns, one small bay leaf, one blade of mace and one slice of onion. Cover with boiling water and let it cook one-half hour, or until tender. Drain and lay again in cold water for one-half hour. Then they are to be picked over, removing the tubes and any fat, and laid on a plate covering them with another on which is placed a small weight. This preliminary cooking is always given, no matter in what way sweetbreads are to be served later, and the weight aids in shaping them. Into the chafing-dish put two tablespoonfuls of butter (this will be sufficient for two pairs), and when hot lay in the sweetbreads which have been well dredged with flour, salt and pepper. As soon as well browned on both sides put out the light and serve.

When Fruit Is a Good Dessert.

1

Cream of Celery Soup
Roast Chicken Spinach, Egg Garnish
Sweet Potatoes
Lettuce Hearts, French Dressing
Toasted Cheese Wafers
Figs and Raisins
Black Coffee

2

Clear Soup in Cups Small Rolls
Creamed Fish Flakes in Ramekins
Roast Sirloin of Beef
Browned Potatoes Baked Onions
Fruit Salad

3

Lentil Soup Croutons
Braised Shoulder of Lamb
Rice Croquettes Apple Jelly Carrots and Peas
Grapefruit Black Coffee

4

Scotch or Sardine Canapes
Split Pea Soup Pulled Bread
Small Hamburg Steaks, Brown Mushroom Sauce
Princess Potatoes String Beans
Russian Apples

When a Heavy Sweet May Be Served.

1

Clear Consomme Finger Rolls
Panned Chicken, Brown Sauce Currant Jelly
Boiled Salm Brussels Sprouts
Cucumber and Radish Salad
Salted Wafers
Frozen Rice Pudding

2

Grapefruit Cocktail
Cold Sliced Tongue
Creamed Parsley Potatoes
New Leeks on Toast
Steamed Fig Pudding, Foamy Sauce
Coffee

When a Nourishing Dessert Is Required.

1

Cream of Cucumber Soup
Broiled Spanish Mackerel Scalloped Tomatoes
New Potatoes
Wind Puddings, Fruit or Foamy Sauce

2

Creamed Chicken, Pimento Rice
String Beans Carrot and Lettuce Salad
Cheese Marguerites
Baked Chocolate Pudding Cream

3

Ham, Country Style Spinach Banana Fritters
Apple and Celery Salad Wafers
Cheese Balls Pineapple Tapioca

4

Scotch Barley Broth and Vegetables
Salt Cod, Pork Scraps
Baked Potatoes Diced Buttered Parsnips
Apple Custard

Handy Household Hints and Recipes**When a Light Sweet Is Advisable.****1**

Oyster Cocktail
 Cream of Corn Soup Bread Sticks
 Roast Turkey, Stuffed, Giblet Sauce
 Baked Mashed Potato Spiced Apples
 Stewed Celery
 Lettuce and Chicory, Russian Dressing
 Cheese Wafers Grape Sherbet
 Black Coffee

2

Tomato Bouillon Company Rolls
 Salmon Loaf, Tartare Sauce
 Roast Spring Lamb, Mint Jelly Sauce
 Boiled Rice Green Peas
 Bermuda Salad Toasted Crackers
 Edam Cheese Banana Cream
 Black Coffee

Energy Producing Foods.

Foods especially adapted to supply the body with energy:

Cereals—Foods rich in starch and sugar.

Legumes—Foods rich in fat.

Foods especially adapted to supply lime to the diet:

Milk	Legumes
Cabbage	Celery

Cereals

Milk is the best source of lime. No food can replace it satisfactorily in the diet of the growing child.

Foods especially adapted to supply iron to the diet:

Eggs	Vegetables
Legumes	Meats
Oatmeal	Fruits

Foods especially adapted to stimulate the activity of the intestines, and thus to keep the body clean:

Fruits	Vegetables
Cereal and cereal foods	

Foods especially adapted to neutralize harmful substances produced in the tissues and blood:

Fruits	Vegetables
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A Simple Menu.

	Broiled Chicken	
Mushrooms	Asparagus	
Olives	Radishes	Celery
	Pudding	
Black Coffee	Crackers	Cheese

Broiled Chicken.

Split the chicken down the middle of the back, spread flat, and put a skewer in each side to prevent it from curling. Beat up a very fresh egg, with a pinch of salt, black pepper to taste, an ounce of melted butter, a teaspoonful of Worcestershire sauce or something similar and a teaspoonful of made mustard. Mix well. With a brush glaze the chicken with the mixture. Place in a greased bag, with bread crumbs around and over it. Be careful that the skewers do not tear the bag. Seal up tight and cook thirty-five to forty minutes in a very hot oven.

Mushrooms.

Peel and wash the mushrooms, brush them lightly over with melted butter, dust with salt and pepper, and put into a buttered bag with a lump of butter, a little water, and a spoonful of lemon juice or port or sherry wine. Seal tight and cook in a hot oven twelve to twenty minutes.

Asparagus.

Thir and scrape as for boiling, wash very clean. Tie in bundles and put into a buttered bag, with a little salt and half a gill of water. Seal and cook thirty-five to forty minutes in a hot oven.

Pudding.

Rub half a pint of breadcrumbs through a fine wire seive, add to them a tumblerful of wine and water, half and half, the rind of a small lemon, washed, dried and grated, three heaped tablespoonfuls of powdered sugar, and an ounce of butter. Mix well, pour into a buttered souffle dish. Add the beaten yolks of two eggs, and the strained juice of the lemon. Beat the whites of the eggs to a very stiff froth, add powdered sugar to taste, and a pinch of salt. Color with a few drops of green spinach coloring, or pale pink with a little carmine or cochineal, pile on top, place in bag, put in a very moderate oven, and bake till the meringue is firmly set.

Directions for Paper Bag Cooking.

Select a bag that fits the food to be cooked. Grease bag well on inside except in case of vegetables or when water is to be added. When food is seasoned and otherwise prepared, place in bag, fold mouth of bag two or three times and fasten with a wire paper clip. Also fold and clip corners of bag to make it fit food snugly. If bag leaks in cooking, do not transfer food to a new bag. Simply put the bag within another.

Place bag in oven (gas, coal or oil) on grid shelves or wire broilers, never on solid shelves. Place seam side up always. Do not move or open bags when once placed for cooking. Put roasts and entrees on lower shelf, fish on the middle, pastry, etc., on the top, where heat is most intense. Have oven hot (200 degrees Fahr.) by lighting the gas eight minutes before putting in bag, then slack heat one-third to one-half as soon as the bag corners turn brown. Do not let bag touch sides of oven, or the gas flames. Adhere to time given in recipes, then food will be well cooked.

Take up bag by slipping the lid of a tin pot underneath it. To secure gravy, let out water, etc., stick a pin hole in bottom of bag and drain over a dish.

Except in case of pies, no dish should be used in paper bag cooking.

WEIGHTS AND MEASURES**Abbreviations.**

t. stands for teaspoon.	qt. stands for quart.
T. stands for tablespoon.	m. stands for minute.
c. stands for cup.	hr. stands for hour.
pt. stands for pint.	

Approximate Measure of One Pound.

2 c. milk	2 2-3 c. oatmeal
2 c. butter	6 c. rolled oats
2 c. chopped meat	4 1-3 c. rye meal
2 2-3 c. powdered sugar	1 7-8 c. rice
3 1-2 c. confectioners sugar	2 1-3 c. dry beans
4 c. patent flour	4 1-3 c. coffee
4 c. whole wheat flour	8 large eggs
4 1-2 c. Graham flour	9 medium eggs
2 5-6 c. granulated sugar	10 small eggs

Proportions Thickening Agents.

- 1 T flour will thicken 1 c of liquid for soup.
- 2 T flour will thicken 1 c of drippings or liquid for gravies.
- 5 T of browned flour will thicken 1 c of liquid for gravy.
- Thickening power of corn-starch is twice that of flour.
- 4 T of corn-starch will stiffen 1 pt. of liquid for pudding.
- 2 good sized eggs to 1 pt. of milk for custard.
- 1 egg to 1 c milk for soft custard or baked cup custard.
- 3 eggs to 1 pt. milk for large mold custard.
- 1 T gellatin to 1 pt. liquid for jelly cooled on ice.

Weights and Measures.

- | | |
|------------|--------------------------|
| 3 t.=1 T. | 2 pt.=1 qt. |
| 16 T.=1 c. | 4 qt.=1 gal. |
| 2 c.=1 pt. | 1 c.=1½ lb. or 8 ounces. |

- One quart wheat equals one pound and two ounces.
- Four large tablespoonfuls equals one-half gill.
- Eight large tablespoons equals one gill.
- Sixteen large tablespoons equal one-half pint.
- A common-sized wine glass holds half a gill.
- A common-sized tumbler holds half a pint.
- Four ordinary teacups liquid equals one quart.
- Two and one-half teaspoons make one tablespoon.
- Four tablespoons makes one wine glass.
- Two wine glasses makes one gill.
- Two gills makes one teacup.
- Two teacups makes one pint.
- Four teaspoons salt makes one ounce.
- One and one-half tablespoons sugar makes one ounce.
- Two tablespoons flour makes one ounce.
- Two cups or one pint of sugar makes one pound.
- One scant quart wheat flour makes one pound.
- Ten ordinary size eggs makes one pound.
- Piece of butter size of egg makes one and one-half ounces.
- Two cups butter makes one pound.
- Four teaspoonfuls equal one tablespoon, liquid.
- Four tablespoonfuls equal one wine glass.
- Two wine glassfuls equal one gill or half cup.
- Two gills equal one coffee cup or sixteen tablespoons.
- Two coffee cups equals one pint.
- Two pints equal one quart.
- Four quarts equal one gallon.
- Two tablespoons equal one ounce, liquid.
- One tablespoon of salt equals one ounce.
- Sixteen ounces equal one pound, or one pint, liquid.

- Four coffee cups sifted flour equals one pound.
One quart unsifted flour equals one pound.
Eight or ten ordinary-sized eggs equal one pound.
One pint sugar equals one pound (white granulated).
Two coffee-cups powdered sugar equal one pound.
One coffee-cup cold butter, pressed down, equals one-half pound.
One tablespoon soft butter, well rounded, one ounce.
An ordinary tumblerful equals one coffee-cup or one-half pint.
Twenty-five drops thin liquid will fill a teaspoon.
One pint chopped meat, packed, equals one pound.
One pound of brown sugar, or one pound of white sugar, powdered or loaf, equals one quart.
One pound soft butter equals one quart.
One quart Indian meal equals one pound and two ounces.
A tablespoonful is measured level.
A cupful is all the cup will hold leveled with a knife.
One teaspoonful of soda to one pint of sour milk.
One teaspoonful of soda to one cup of molasses.
Three heaping teaspoonfuls of baking powder to one quart of flour.
Half a cupful of yeast, or quarter of compressed cake, to one pint of liquid.
One teaspoonful of salt to two quarts of flour.
One teaspoonful of salt to one quart of soup.
One scant cupful of liquid to two full cupfuls of flour for muffins.
One cup of water to each pound of meatbone for soup stocks.
One saltspoonful of white pepper to each quart of soup stock.
One teaspoonful of extract to one quart of custard.
One tablespoonful of extract to one quart of cream or custard, for freezing.
One teaspoonful of extract to one plain loaf cake.
A pinch of salt or spice is a saltspoonful.
A few grains is less than a saltspoonful.
To blend seasonings, sift them thoroughly together before adding them to mixture.
Four peppercorns, four cloves, one teaspoonful minced herbs, and one tablespoonful each of chopped vegetables to each quart of water for soup stock.

FIRELESS COOKERY

How the Fireless Cooker Helps.

It is somewhat remarkable that in this day and age many people do not realize the enormous value of the fireless cooker in the home. One fallacy that you must get out of your head at once is that you need any special recipe for cooking in the fireless. This is not so. Take any good and tried recipe that you have used on your cookstove, put it in the fireless, and it will turn out better. Vegetables that need long cooking are far better when they come from the fireless than when cooked on top of a stove. Many of them are delicious if left in overnight.

The bete noir of every woman who does not keep a maid is the cooking of a large family dinner on Sunday. If she is to prepare a meal in the regulation way she can not go to church, but the woman with a fireless in her kitchen can go to church and still have a big family about the dinner table. What is more, she can serve them a delicious meal, steaming hot, flavored to a degree. This wise little woman puts her meat in one compartment, her two or three vegetables in another, and her custard or her best pudding in a third. Her salad is prepared early in the morning and put on ice, and she goes serenely off to church, knowing that nothing will burn or spoil.

Just remember that it is not a matter of special recipes but rather a matter of getting the habit of putting good in the fireless instead of in or on the stove, and your work will be cut in two and your food will have a finer flavor.

In the preparation of cereals the fireless has been a revelation. The reason why few wives and mothers serve the old-fashioned hominy as a breakfast cereal is that it takes too long to cook, yet most men and the average child revel in it as a change from oatmeal every day. Coarse hominy, sometimes known as samp, cooked by this method and served with butter and dark brown sugar is a treat to most children. Served as a vegetable with pork, it is delicious and welcome during the winter months. Try cooking cereals in your fireless and you will never cook them any other way.

Dried fruits, cooked in the fireless, are practically as good as the fresh article, and should be served at least once a day to the average family. Cooked for some hours, they are very nutritive and most children will eat them with

great relish. Of course, the medicinal value of prunes is well known, and careful cooking will make them doubly so. Did you ever try serving a dish of prunes with sliced oranges? If not, do so, and see if it does not make a strong appeal to the child who has grown tired of them served plain. Dried peaches or apricots (those without the skins are a bit more expensive but far preferable for children) are great favorites and are very healthful. Serve them with a little boiled rice and sugar on the side, and they will look just like "party dishes." Remember the appetites of children must be tempted just like the appetites of their fathers.

The rules for cooking dried fruits in the fireless are the same as for cooking on the stove. In every case wash the fruit carefully, and let it soak in cold water for several hours, or until it regains its natural size. Allow one cup of sugar to each pint of fruit. Let it come to the boiling point on the kitchen stove and then place in the fireless for six hours. Because less water evaporates than when cooking on top of a range, a smaller proportion of water will be needed to make a rich syrup. An important item to remember is not to cook fruit in a tin or iron pot of any kind, as it gives an unpleasant taste and a bad color. Use enamel, earthenware or aluminum.

But bear in mind always that no special recipes are required for using a fireless. The choicest and most delicate dishes may be safely entrusted to its cookery care as well as the toughest and cheapest cuts. Remember, too, that the odoriferous cabbage and the much-despised onion can be coked to perfection within the covers of the faithful fireless, with absolutely no odor. Thus you can have your homely vegetables and still keep the friendship of your neighbors.

Thursday, which is the accepted "cook's day out," will lose its terrors with a fireless in the kitchen. Before she leaves, early in the afternoon, she places the dinner in the cooker and all the little lady of the house has to do is to serve the dinner direct from the fireless to the table, and leave the dishes for the maid to clean up next morning. The fireless has also worked wonders for people who used to serve a big meal in the middle of the day on Sunday, despite the fact that they did not grow hungry until night. Of course, the servants want the work over and done with early, but the fireless dinner can be served at seven on Sundays, giving the maids all day practically free from work and worry. Few people are ready to eat a hearty meal in

the middle of the day, and the fireless means dinner when you want it.

Cook like you have always cooked; follow any cook book or recipes. Just discontinue the "hot fire" and save the expense, save yourself, save your time, save the worry and cook better than ever before.

First prepare the food for cooking as you would prepare it if you were to cook in the old way over a flame fire with this difference only, viz: Use about one-fourth less water or liquid in or over the food to be cooked. There is little or no evaporation when cooking with a steam fireless cooker, hence less water or liquid is required.

Food cooked in the fireless cooker needs only about half as much seasoning as when cooked in the usual way. Experiment and practice alone can determine this.

The rule that applies to seasoning affects the amount of water used and for the same reason—there is no evaporation by escaping steam. I was in great haste the day I put my first pot-roast in the cooker and I filled the kettle up with water, adding seasoning and vegetables and then putting it in the fireless cooker. At serving time, there was no rich gravy, boiled down to a thick creaminess. Instead, there was a very thin gravy indeed.

A friend has taught me her way of preparing a most delicious gravy for a pot-roast. She first sears the meat in a hot frying pan over her range fire, seasons it and places it in the cooker utensil. In the hot pan, she then tries out some suet. When this is nicely browned, she adds slowly a cup of boiling water, one onion sliced very fine and, lastly, the thickening made of flour and water. She allows the gravy to become very thick before pouring it over the roast, as the meat juices will thin it to just the right consistency.

I prepared my fireless oven exactly as I would a range, remembering that cakes containing butter need more heat than those without any, that fruit cakes require a moderate oven while layer cakes need a hot, quick one, and that pies require the most heat of all.

The making of ices in a fireless cooker is as easy a task as to stew or bake. The first requisite is an ice-cold radiator and this must be attained by slight degrees, lest the radiator crack. When very cold, place a fair-sized block of ice on it and on top of the ice, a four-quart pot from the fireless. The ice or sherbet or mousse must be placed in a smaller utensil and this set in the large one. The space between must be carefully packed with ice and the whole left for just one hour longer than in a regular freezer.

A fireless cooker will accomplish much when it is used

efficiently. Once I used it to prepare an entire lunch. I had planned to serve a simple lunch for the last of our club meetings—delicate sandwiches, cheese croquettes, creamed oysters in cases, potato chips, ice, cake and coffee. I prepared all these foods at noon and then depended on my cooker to keep them just right for serving.

I made the chips and set them away to drain thoroughly. The sandwiches were put away in a slightly dampened napkin, the coffee was made and drained from the grounds, and the oysters creamed and the cases made.

With my radiators heated just right, I put the coffee in an aluminum pan and placed it in the fireless. By using three racks in one compartment, I managed to put coffee, oysters and croquettes in one side of the fireless and the ice in the other. The croquettes were such an experiment that I feared they might be spoiled by this new treatment. But, owing to the fact that no air can escape from the cooker, they did not dry out in the least.

About ten minutes before serving time, I went to the kitchen and put the pan with the cases into the gas oven. While these heated, I removed the other things from the fireless cooker. By using my two-shelf tea wagon, I was able to serve all in one trip. Everything was hot and most delicious.

But not only in the home can a fireless do all these things. It is almost a necessity in any camp, where rain sometimes makes fires all but impossible.

On a hot summer's day, what could be nicer than to pack the fireless containing the dinner on the back of the automobile and run out into the country? There in some cool spot you can eat a delicious, well-cooked dinner.

When you wish to cook in this, say some hominy, after thoroughly soaking over night, put the hominy in salted boiling water in a vessel that will easily go inside the large bucket, using less water than when it is cooked on stove, cook on stove for ten minutes, and cover tightly. Have ready the hay box with padded covering; take the boiling hominy from the stove and place as quickly as possible in bucket and cover with padding. In four or five hours open box and you will find the hominy cooked and beautifully white.

Cabbage coked in vessel on stove for ten minutes, while cleaning breakfast dishes, then placed in fireless cooker in same way, will be ready for midday meal and will not give out any disagreeable odor.

To Roast Meat.

For a three or four-pound roast. Season, place in an iron skillet or pot with butter and sear all over to a nice brown. While you are searing the meat, be heating the hot-plate on a flame. (The hot-plate can be heated attached to the vessel providing a little moisture is placed in the vessel to keep from chipping the same.) Lift the roast from the searing pot to the large cooking vessel and place on top of steamer therein. Dash a pint of boiling water over the roast and place on aluminum cover on large cooking vessel. With the very hot hot-plate attached to the large vessel, set in the fireless cooker and leave from two to three hours and you will have a roast deliciously roasted, better than it is possible to cook in the old way in an oven or roasting pan.

Christmas "Kuchen" in the Fireless.

Kuchen requires long, slow baking because of the quantity of nuts and fruit in the dough. Although this is known as a Christmas cake, it is a breakfast kuchen that will be found most tempting the year around. To make this kuchen everything must be warm from the very start—eggs, flour, nuts, raisins, sugar—everything must be warm. The following is the recipe:

Two cakes yeast, one box raisins, one-half pound almonds (blanched), one-fourth pound citron, one-fourth pound lemon peel, about fifteen cupfuls flour, one and one-half cupfuls sugar, six eggs, three cupfuls sweet milk, one quart warm water, one nutmeg, one tablespoonful vanilla, one-half cup butter, two tablespoonfuls salt.

At night, scald and cool one cupful of milk. Dissolve one cake of yeast in this and add one tablespoonful of sugar and one tablespoonful of salt. Mix with enough of the flour to make a thick dough, set in warm place over night to rise.

In the morning, scald the rest of the milk, add the water, butter, the rest of the sugar and salt. When cool, add the other yeast cake and the risen yeast mixture. Mix well and stir in the almonds, the raisins, and the citron and lemon peel (chopped fine), grate in the nutmeg and add the vanilla and the eggs thoroughly beaten.

Then stir in the flour gradually until the dough is thick and spongy as for bread. Stir until thoroughly mixed, cover and put in warm place until very light (about five hours). Then knead into loaves, place in well-greased bread pans and when light put in racks in the fireless, using radiators at the top and bottom. Bake for one and one-half hours. Then test with a straw and turn out on cooking racks.

To Freeze Ice Cream.

Place mixture in one of the half-round vessels and cover. Put the half-round vessel inside the large cooking vessel and pack all around it cracked ice. Salt the ice well with coarse salt. Put on aluminum cover on large vessel and place in your fireless cooker from two and one-half to three and one-half hours, and you will find whatever you may be freezing perfectly frozen.

Stewed Figs.

One-half pound figs—one scant cupful sugar—juice of one-half lemon—water.

Pulled figs will give better results. Wash the figs thoroughly, and put them with the other ingredients, using enough water to cover them. Let them come to a boil, set the pan in a pail of boiling water, and place in the cooker for at least seven or eight hours. When cold, serve with a little whipped cream.

Fried Chicken.

With the aid of a fireless cooker an old, tough chicken can be made tender, and fried. Singe and cut the chicken in pieces. Place in the cooker kettle, covering with boiling water, add one teaspoonful of salt and boil twenty-five minutes. Remove to the cooker for six or eight hours, or longer. Take out of the liquor, dredge with flour and brown in hot fat. Season.

Cherry Mousse.

One cupful thick cream, two tablespoonfuls powdered sugar, one-half cupful maraschino cherries.

Whip cream until stiff; fold in sugar and cherries cut in pieces; pack in a mold (a one-pound baking powder can will do); cover tightly; put in cooker kettle; surround with ice and salt (four parts ice to one part salt); cover cooker and let stand three hours.

Baked Custard.

Two cupfuls milk, one-third cupful sugar, small pinch of salt, two eggs, nutmeg.

Scald milk, add sugar, salt and well-beaten eggs. Pour into a baking dish. Grate a little nutmeg on top. Set dish into cooker pail, pour boiling water around it and boil fifteen minutes. Place in the cooker for three hours. When done set under flame of gas stove to brown. Serve cold.

Brown Bread.

Two cupfuls Graham flour, one-half cup white flour, one teaspoonful baking powder, one-half cup granulated sugar, one-half teaspoon of salt, one large tablespoonful of melted lard, one teaspoonful of soda, one and one-half cupfuls of sour milk.

Sift all the dry ingredients together. Stir the soda into the sour milk, and mix with other ingredients. Beat well and pour into a well-greased bread pan and bake one hour, using two radiators. The top one should not be quite as hot as the lower one.

Boston Brown Bread.

One egg, one-fourth cupful sugar, two tablespoonfuls soda, two and three-fourths cupfuls graham flour, one-half cupful molasses, one cupful sour milk, one teaspoonful salt, one-half cupful seeded raisins.

Beat egg slightly and add other ingredients in the order given. Mix well and pour into a covered buttered mold, filling it three-fourths full. Place mold on a wire rack in the cooker kettle, filling with boiling water to near the top of the mold. Cover kettle and boil half an hour. Place in cooker for five or six hours or longer. After removing from the cooker, allow the loaf to dry in the oven for ten or fifteen minutes.

Dinner Rolls.

One cake yeast, one tablespoonful of sugar, two tablespoonfuls of lard, white of one egg, one cupful sweet milk, scalded and cooled; three cupfuls of well-sifted flour, one-half teaspoon of salt.

Dissolve yeast and sugar in the lukewarm milk. Add the white of the egg beaten to a stiff froth. Then add the lard, salt and the flour gradually. Place in a well-greased bowl and set to rise in a warm place until the bulk has doubled (about two hours).

Mould into small rolls, place in a well-greased pan and let rise again (about one-half hour). Glaze with white of egg diluted with a little water. Bake in a hot oven twenty-five minutes.

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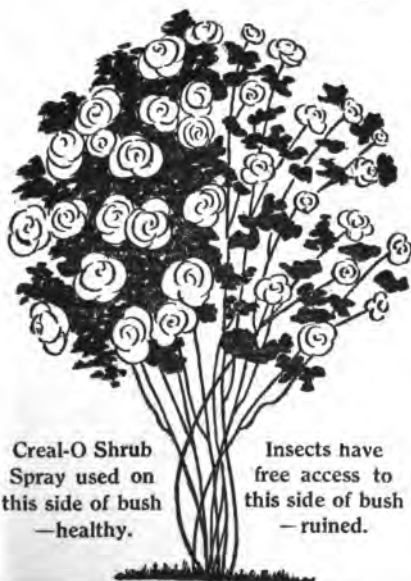
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HOUSEHOLD HINTS

Leather chairs and leather bindings can be brightened by being rubbed with a cloth which has been dipped in white of an egg.

Mix cold starch with soapy water instead of clear, cold water, and the result will be more satisfactory.

What Salt Will Do.

A damp cloth dipped in salt will remove egg stains from silver, or tea stains from china dishes.

Salt under bread and cake in oven will prevent scorching on bottom.

Salt is excellent for removing dirt from wash bowls.

Hints for Kitchen.

A basin of cold water placed in a hot oven will soon lower the temperature.

Rusty flatirons should be rubbed over with beeswax and lard, or beeswax and salt.

Tough meat may be made tender if placed in vinegar a few minutes.

To beat the whites of eggs quickly add a pinch of salt. Dish cloths should be scalded and washed daily.

A small quantity of green sage placed in the pantry will keep out red ants.

Cold fruits require cold jars; hot fruits, hot jars.

That water for cooking should never be taken from pipes.

That a successful cook always has a good set of domestic scales.

Brooms dipped in boiling suds once a week will wear much longer.

That milk will keep sweet longer in a shallow pan than in a pitcher.

Equal parts of lime water and olive oil applied at once is a remedy for burns.

If you once use a small brush for cleaning vegetables you will never do without one.

That a coarse grater rubbed over burnt bread or cake is far better than using a knife.

That an agreeable disinfectant—ground coffee on a shovel of hot coals—will purify the air of a room almost instantly.

To restore an eiderdown quilt to its original fluffy lightness, hang it out of doors in the sunlight for several hours.

That if you would always remember to measure solids and fluids in exactly the same way success would be far more certain. No cake recipe is followed when you heap the cups or have them level full of sugar and flour and the milk half an inch below the top.

A tablespoon of turpentine boiled with white clothes will greatly aid the whitening process.

Blankets and furs put away well sprinkled with borax and done up air tight, will never be troubled with moths.

To stone raisins easily, pour boiling water over them and drain it off. This loosens them and they come out with ease.

Chloride of lime should be scattered at least once a week under the sink and in all places where sewer gas is liable to lurk.

All cake needs a moderate oven.

Keep the box of baking powder covered.

Use the common kitchen teacup for measuring.

Never let the cake dough stand any length of time before baking.

To remove chimney soot from carpets, cover with fine dry salt and brush up with stiff broom, and repeat until carpet is clean. After the first is taken up, the spots may be scrubbed hard with the salt until soot is removed.

To take out iron rust, squeeze lemon juice on spots, cover with salt and place in hot sun or iron with hot flatiron.

For burns make a thick paste of saleratus in water; cover the burn with the mixture, making the application half an inch thick.

To remove spots caused by acid on colored goods, moisten the goods and cover with saleratus before washing.

Never stir sugar and butter together in a tin basin or with an iron spoon, a wooden spoon is better than any other kind.

Be sure the oven is right before the cake is put in and then do not open the door until it has been baking at least ten minutes.

To prevent oil from spreading when painting on delicate satin or bolting cloth, mix gasoline with your oil paint. By using this medium the paint can be used very thin, giving the appearance of water coloring.

To clean mica in stoves wash in vinegar.

Chicken drippings are excellent for greasing tins.

Use vinegar to remove the smell of kerosene from tins and dishes.

A teaspoon of borax added to starch, renders the collars and cuffs much stiffer.

Pour cold water over hard boiled eggs as soon as taken from the kettle, and they will not be discolored.

If you wish to give your glass a high degree of brilliancy, add a little bluing to the water.

To remove grease stains rub well with alcohol before wetting.

A sponge saturated with camphor and placed near the bed will keep away mosquitoes at night.

Discolored enameled saucepans are easily made bright and clean by the use of powdered pumice stone.

Keep flowers fresh by putting a pinch of soda in water.

Stains.

Paint and varnish are removed with turpentine, except for delicate colors, for which use chloroform.

Machine Oil—Wash soap and cold water.

Vaseline—Wash with turpentine.

Tar, Lamp Black, Stove Polish—Saturate with coal oil, then wash in soap and water.

Iron Rust—Wet with paste of lemon juice, salt, starch and soap and expose to the sunlight.

Fresh ink stains may be removed by repeated soakings in milk.

Some ink may be removed by rinsing in water to which ammonia or borax has been added.

Alcohol sometimes removes ink stains.

Perspiration—Wash in soap suds and place in sun.

Blood—Wash in cold water, then with soap and water; if goods is thick, apply paste of raw starch, renewing from time to time.

Mucous—Soak in salt and water, then wash with cold water and soap.

Milk and Cream—Wash in cold water, then in soap and water.

Tea—Sprinkle with borax and soak in cold water. Soak spot in glycerine, then wash.

Coffee, Fruit and Indigo—Stretch surface over bowl or tub and pour boiling water through it from a height to strike the stain with force.

Medicine Stains—Soak in alcohol.

Iodine—Soak in alcohol.

Grass Stains—Soak in alcohol (for colored fabrics apply molasses or a paste of soap and cooking soda). Let stand over night.

Scorch—Scorched goods may be restored if the threads are not injured. Wet and expose to sun, repeat several times.

Mildew—First, wet stain with lemon juice and expose to sun; second, wet with paste made of one teaspoonful starch, juice of one lemon, soft soap and salt, and expose to sun; third, wet with paste of powdered chalk and expose to sun.

Lemon and Soda for Ink Stains.

Lemon and soda take out some kinds of ink stains. Put the garment on which there is a stain in the sun. Sprinkle the spots with soda and then slowly pour on a few drops of lemon juice. Keep adding soda and lemon juice until the spots disappear.

To Remove Grass Stains.

A mother of a riotous brood of boys and girls has discovered that grass stains covered with molasses and left in this condition until wash day are never seen again.

Try alcohol on the spots and you will be surprised to find how easily they are removed. The small amount of it necessary need not touch the hands, and the grease spots will be removed from floor.

New Use for Talcum Powder.

A woman who dropped a large piece of butter on her silk waist was in despair, for there was no benzine or French chalk in the house. A sudden inspiration caused her to cover the grease spot thickly with talcum powder, leaving it over night. In the morning the spot had disappeared.

To Remove Stains From Vinegar Cruet.

Put into the cruet pebbles, shot or beans. Fill it with a strong soap suds and one teaspoon of soda or ammonia. Let it remain for an hour, shaking it well frequently.

"Oh, dear!" cried the housekeeper, "my gas stove gets all clogged up; my irons and pots and pans get all blackened, and I can't remove the gas burners to clean them!"

"Why not open up all the little holes with a hatpin?" asked Polly. "Then take the nozzle off of your vacuum cleaner, hold the cleaner over the holes and draw out the dirt that way!"

When Glass Stoppers Stick.

Often your prettiest cut-glass vinegar cruet becomes ruined because the stopper suddenly becomes immovable, and no power on earth, short of breaking, seems to move it.

When it does stick, pour a little oil around the top. Let it stand for ten or fifteen minutes, and then try knocking the stopper gently with the back of a knife, giving it an upward motion. Continue this knocking all the way around the stopper. This is the best chance of loosening without any risk of breaking.

But if the stoppers of oil and vinegar cruets be changed every few days, the trouble will be prevented.

Young Housekeeper—"What would you do to open a jar of fruit or vegetables that has stuck fast?"

Experienced Housekeeper—"I would place the jar in a deep saucepan half full of cold water, bring it to a boil and allow to boil a few minutes. The jar will then open easily."

Setting Table and Serving Meals.

Lay table cloth with crease exactly down middle of table. Arrange plates, right side up, at equal distances around the table, one inch from edge of table. Place knives at right of plates, sharp edge toward plates, with handle ends one inch from edge of table. Put forks at left of plates, tines up, one inch from table edge.

Place spoons at right of knives.

Place napkin, neatly folded, at left of forks.

Place tumblers at tip of knives, butter plates at tip of forks.

Arrange neatly inside of these the steadies, as salt and pepper, vinegar and oil of mustard, sugar and cream, milk and water.

Place coffee pot or urn and tea pot at right of hostess with cups and saucers before her.

Be sure that all these are on the table before beginning to serve meals.

If possible have some little decoration for the center of the table, either a bunch of flowers in season or a little green plant.

All hot food should be served in hot dishes. All dishes should be offered at the left of the guest, if the guest is to help himself. Dishes left for the guest must be placed from the right side.

Remove dishes from the right of the guest. Never reach across the guest to place or remove any dish.

If a dessert is served, remove everything from the previous course before serving the dessert.

Have the meal a time of rest and pleasant intercourse—never a time for criticism.

Cleanliness, good taste, well cooked food and pleasant manners will greatly aid digestion.

Flowers That Are Good Food.

The food value of flowers is a matter just beginning to interest the scientific world. A botanist says that violets contain considerable nourishment. They formed the basis of a refreshing drink, and in other forms figured conspicuously in the feasts of the ancient Persians. The modern confectioner crystalizes them in sugar.

The old Turkish confections made of rose leaves are declared delicious by those who have eaten them. A number of cooks have discovered that a handful of rose petals imparts a flavor of unparalleled delicacy to desserts of many kinds.

For those who do not care for sweets, the gaily-colored nasturtium offers delights to the palate. It may be used as a filling for sandwiches mixed judiciously with other materials in salad. Its delicious pungency appeals to the epicure, while physicians say it aids digestion.

A favorite Italian dish consists of squash blossoms. When properly prepared this food is both appetizing and nourishing. The yellow blossoms of the common field pumpkin may be cooked in the same way, and to some tastes are even more pleasing.

Vanilla Essence or Extract.

This is an expensive article when of fine quality, and you may prepare it yourself either with brandy or alcohol. With brandy, the flavor is superior. Cut into very small shreds three vanilla beans, put them in a bottle with a pint of brandy and cork the bottle tightly. Shake it occasionally and it will be ready for use after three months. You may shorten the process to three weeks by using alcohol at 95 per cent. Chop three vanilla beans and pound them in a mortar. Cover them with a little powdered sugar and put them in a pint bottle, adding a tablespoonful of water. Let it stand twelve hours, then pour over it a half pint of alcohol or spirits of wine. Cork tightly, shake it every day, and it will be ready for use in three weeks.

Odorless Lamps and Oil Stoves.

It took me a long time to discover that the most frequent cause of the disagreeable odor from lamps, oil heaters, stoves, and so on, is the evaporation of a bit of oil that is sometimes left on the outside of the lamp. This is often the case with lamps made of nickel or other metal which are filled through openings in the tops that are closed by small metal caps screwed on. When these lamps are filled too full, or they are tilted at the wrong angle as they are being moved, a tiny bit of oil seeps out around the metal caps and causes a most disagreeable odor when the lamps are lighted. The oil should be wiped off.

If lamps or heaters remain for a day or two unlighted, the oil will often soak through the pores of the metal, so they should always be carefully wiped off with a dry cloth before using. Keep plenty of clean cloths on hand for cleaning lamps and lanterns. It will be only the matter of a few moments to do away with odor by wiping them off.

Home-Made Wall Paper Cleaner.

The following mixture is more easily applied, and does the work more effectively than any of the baked preparations that are sold at a good price for a small quantity—one generally paying the sum for the label and tin, to box it up for sale. Take one part sal ammoniac, four parts rye flour, and water enough to form a dough, then use on the soiled parts as if the mixture was a sponge. As the dirt is transferred from the wall to the cleaner, turn the soil in, and work out a clean part of the mixture. A little practice will soon show how easily this is accomplished, without waste to the mixture. Never continue rubbing the soiled surface of the cleaner into the wall.

To Make Linen Unshrinkable.

There is nothing more provoking or disheartening than for a dainty linen frock that has cost time and money to shrink badly the very first time it is washed. The following method is said to make linen unshrinkable, and is certainly worth trying: Fill the bathtub about one-third full with clear cold water; then, without unfolding the linen, wrap it in a clean towel and leave it in the tub overnight. Take it out in the morning and hang it up without wringing out the water. It will take some time to dry, but the linen will be thoroughly shrunken and the material need not be pressed until after the garment is made.

Dry Cleaning.

Any woman can do five dollars' worth of dry cleaning at home at very little cost by dissolving two ounces of solvite in two gallons of gasoline; then immerse the articles to be cleaned; rub a little and in a few moments the gasoline evaporates and the articles cleaned look as bright and fresh as new.

Dry clean your own silk waists, dresses, ribbons, belts, kid gloves, satin shoes, evening slippers, fine laces, net work, woollens, dresses, children's coats, furs, veils, neckties, shawls, gentlemen's garments, fancy vests, lace curtains, rugs, in fact, everything that would be ruined by washing with soap and water. Nothing will fade, shrink or wrinkle, making pressing unnecessary.

Dry cleaning at home is inexpensive and effects a tremendous saving in the household and is really just as easy as laundering. Any druggist will sell two ounces of solvite which is simply a gasoline soap and your grocer or a garage will supply the gasoline. Then a wash boiler or dishpan completes the outfit. As gasoline is very inflammable, be sure to do your dry cleaning out of doors or in a room away from fire or flame, with the windows left open.

When Cleaning Men's Clothing.

Take a soft cloth, dip it in alcohol, pass it lightly over a cake of pure soap and apply it briskly to the article to be cleaned.

After sponging the garment carefully, press it. Behold! a pair of trousers looking as well as any turned out by a professional cleaner. This treatment also removes the shine from the garment.

In the case of obstinate grease spots, rub well with a lather made from some pure white soap and luke-warm water; then sponge off with the alcohol and proceed as directed.

Use oil of sassafras in the gasoline with which you clean—about five drops to a quart of gasoline is the proportion.

To Prevent White Goods From Yellowing.

To keep white goods which are put away from season to season from yellowing make bags of old sheets or unbleached muslin, wash and dip it in strong blue water and dry. Then put the clean unstarched clothes in it loosely and hang away in a dark closet.

Buttonholes That Do Not Fray.

To work buttonholes in serges or other materials that fray at the cut edges, mark the exact size and position of the button-holes by means of tacking thread. Then stitch around this tacking thread with the sewing machine. Cut your buttonhole between the stitching, and work as usual, but work over the machine stitching. I always use this method, and find it very successful.

To Make Gold Lace.

Ordinary laces may be made very beautiful by applying to them a coat of gilt paint. To do this gilding lay the lace perfectly flat over a clean piece of blotting paper and apply with a brush. Let one side dry, turn and repeat the process on the other side. If necessary, apply two coats of paint. Silver and copper can be applied in the same way. Lace treated thus is lovely for all sorts of fancy work, besides trimming for gown and hat.

Your Flesh-Colored Waist.

If your pretty flesh-colored blouse of crepe de chine, silk or crepe fades white or yellow, when washed, use red ink in the rinsing water instead of bluing. You can dye a white silk blouse that has become yellowish, by this method.

To Press a Plaited Skirt.

Fasten the plaits in place by pinning to the ironing board, then hold the waist band firmly in one hand and stretch slightly toward the top.

To Dye White Satin Slippers and White Silk Stockings.

Get a tube of paint, the desired color, and dilute with gasoline and dip the articles to be dyed until the right shade is obtained.

To Clean Mirrors.

Take a piece of tissue paper, dip in wood alcohol and rub the surface clean. Then take a clean piece of paper, sprinkle a little whiting on and polish.

To Clean Crepe Veil.

Hold over a kettle of hot water and steam will do the work. You can steam velvet the same way.

A Packing Hint.

When packing a trunk, preparatory to traveling, it is an excellent idea to make a little case of different-colored cloth for each kind of garment—that is, a blue case for one's corset-covers, a white case for combinations, a pink case for petticoats, and so on. The convenience of this scheme will be apparent, in the rush of traveling and sightseeing, when one can tell, by a glance in one's trunk, just where each kind of garment is placed, and can get a petticoat or corset-cover in a hurry, by merely lifting out the pink or blue case, without disturbing the other contents of the trunk. This is also an excellent plan for keeping garments that are not in constant use.

To Use the Embroidered Front of An Old Waist.

You can make a pretty fancy apron in a few minutes from the embroidered front of an old shirtwaist. First, cut out close to the armholes and seam, and band; then double in exact center from top to bottom, curve out the top, round the bottom, and edge with lace, use ribbon for your band and strings.

To Prevent "Runs" in New Silk Stockings.

Stitch with fine silk thread around the leg of the new stockings a short distance from the top and one can prevent the dropped thread that so often ruins a new pair of stockings. The stitching should be done on the sewing machine with a very fine stitch.

To Bleach a Faded Dress.

A faded wash dress can be made entirely white by boiling in water in which has been dissolved one-half cupful of cream of tartar to two gallons of water.

Peach stains can also be taken out by dampening the stained portion of goods, covering with cream of tartar, and laying the piece in the sunshine until it is dry.

To Remove the Squeak From Shoes.

Place a small amount of water in a pan and put the soles of the shoes in water for twenty minutes. Remove them and you will find not only the squeak gone, but the shoes soft and pliable.

To remove fish odor from silver and cooking utensils, let them stand in cold water before washing.

Acetylene Cooking.

Motorists on tours, whose car is fitted with an acetylene gas tank for lighting, may now enjoy a well-cooked meal, while camping, without having to carry an alcohol stove or make a wood fire. They simply take the new "hot plate" supplied by the same company that furnishes the gas tanks, attach the rubber tube to the tank, and—presto! a first-class gas stove is ready. As acetylene gas gives an intensely hot flame, the holes from which the gas issues are very small and an hour's cooking requires only three and one-half feet of gas, at an average cost of about 10 cents an hour.

To Dry Corn.

Dried corn is sweeter and more satisfactory for winter use than is canned corn. To dry corn pick it while it is young, cut from the cob and dry by spreading over an old platter or old plate and setting in a hot oven or the hot sun to dry. Place the dried corn in a heavy sack and hang it in a warm, dry place. If after a fortnight it shows no signs of moisture, it is sufficiently dried to keep well. If there are signs of mildew or moisture, take it out and redry it. Do not soak the corn when using it in the winter. Cook it like fresh corn is cooked.

Improving Olives.

When a bottle of olives is opened, pour off the brine and add one tablespoonful of olive oil. Replace the cork and shake the bottle well. Then let it stand about half an hour before using the olives. The disagreeable briny taste will disappear, and the olives will have the rich flavor of the ripe fruit.

Cooked Radishes.

When you have too many radishes maturing at the same time, instead of eating a few raw and throwing the others away, try cooking them. Fried, they taste like mushrooms; boiled and mashed, like turnips.

To Clean Silk.

Do not use a brush, as the bristles are sure to scratch the surface. Take a piece of velveteen, wipe the silk well and all the dust particles will be removed without the slightest injury.

Cement for Glass.

Stir together by weight eight parts of pulverized putty (dry whiting), one part red lead and one part litharge. Mix, as it is needed for use, with pure linseed oil to the consistency of putty. Allow it to dry a week before using.

Another waterproof cement is made by dry-mixing ten parts, each, of fine, dry, white sand, plaster of paris and litharge, with one part powdered resin. Work, as it is required, to a stiff paste with boiled linseed oil. The oil must be free from any adulteration with fish oil. It is sometimes necessary to boil pure raw linseed oil for a few minutes to expel the water.

Ice-Cracking Bag.

A stout piece of white canvas made into an ice-cracking bag. Many a time and oft, had I tried—to chip off a few pieces of ice, only to have them fly with diabolical speed either to the uttermost ends of the kitchen or the innermost recesses of the refrigerator. But now those evil days are happily past and I merely crack off one good-sized piece, put it securely in my stout little bag, give it two or three crushing blows with the hammer, turn it into the colander, run the water through it and my crushed ice is ready in a jiffy.

To Keep the Lid on a Boiling Pot.

If you will drop a teaspoonful of butter into the water in which you are boiling dry beans or other starchy vegetables, you will not be annoyed by having the lid of the pot jump off, as it will otherwise do. The butter acts as oil on the troubled water, and keeps it calm and manageable.

Keeping Fruit Fresh for Winter.

Grapes, pears and a number of fall fruits can be kept for winter use very nicely by packing them in sawdust. Of course, wipe them off carefully with dry, soft cloths, taking only the fruit that has just turned and not any that is dead ripe. The sawdust should completely cover every particle of the fruit so that the air is entirely shut out.

To Renew Shoe Lacings.

When the metal tip comes off your shoelace, wind the end firmly and closely with black thread and sew. You will have a tip as good as the one that came off.

Preserved Eggs.

Eggs will keep indefinitely if greased with vaseline, the day they are laid, wrapped in tissue paper, placed in a box, small end down, and kept in a cool place. Eggs put away in September, and treated in this way, were just as fresh for Christmas baking as the day they were put away.

To Laundry Curtains at Home.

Each evening a few pairs of lace curtains are soaked in a warm suds of soap powder; the water is changed a couple of times, and in the morning they are rinsed through two waters, the last slightly blued, and then put through a thin starch water and put on curtain stretchers. This method insures their whiteness and greatly lessens the tearing.

To Prevent Rust in Deep Pans of Any Sort.

Put a few drops of olive or cottonseed oil in them after they have been used and brush this along the seams with a small brush, so that every part of the surface is washed with the oil.

Gravy, soups and thickenings of any sort will not be lumpy if the salt is mixed with the flour before wetting. Stir with a fork instead of a spoon. Better yet, use a small egg beater and the sauce will be perfectly smooth within two minutes.

To Clean Discolored Breadboard.

Always wash the breadboard with cold water and soap if you wish to keep it a good color. A little silver sand added to the soap will greatly improve the appearance of the board if it is discolored.

Young Housekeeper—What would you do to prevent roasted meat that is to be served cold from drying out and losing its flavor?

Experienced Housekeeper—I would wrap it in cheese-cloth while it is still hot.

Preparing Sweet Potatoes.

Before putting sweet potatoes in the oven, grease the skins and then they can be peeled without any waste of the potato.

Another Laundry Hint.

Now that washable silk waists are so much in vogue, let me tell you how I launder mine. All my friends admire them, and have asked me for my method. Wash the silk waist with soap and luke-warm water and rinse in the usual manner. After wringing it out as dry as possible, put the waist into a pint of luke-warm water into which has been dissolved a tablespoonful of gum Arabic. Wring and fold in a dry cloth for an hour before ironing. The waist will have the freshness and crispness of a new silk waist.

Solution for Cleaning Silver and Brass.

To one quart of rain-water add two ounces ammonia and three ounces precipitated chalk. Bottle and keep well corked and shake well before using. Wash silver in hot, soapy water and rinse in clean, hot water.

A Good Hint.

Did you know that grape nuts will take the place of other nuts, in fudge or other candies, very successfully? The result is delicious and inexpensive.

Soap (Home-Made).

One can of lye, four gallons of water, four pounds of fat. Put two gallons of water, lye and grease on to boil; when the grease is dissolved add rest of water to boil.

How to Make Ink.

A ten-cent package of dye dissolved in a pint of hot water makes a very good red, black or blue ink. If bottled it will keep for an indefinite time.

To Cut Fresh Bread.

Dip your knife in boiling water and you can cut the thinnest slice from a fresh loaf.

Pour boiling water over pecans and allow them to stand for a few minutes. Then crack them carefully and the shells can be removed without breaking the meats.

Adding a pinch of soda to the water in which navy beans are soaking will be found to improve them.

To Destroy Bedbugs and Other Pests.

Bedbugs, ants and other pests may be gotten rid of by taking a cake of white soap or a piece of tallow, and with a knife scrape as much as needed, then add an ounce of powdered corrosive sublimate, making a smooth paste. After washing the bedstead with cold salt water, wipe dry and apply the paste to every crevice. This will not evaporate or soak into the wood, as liquids do, but will prove a ready and deadly feast for all partakers. For ants, spread a strip of muslin an inch wide with the paste and tack it around the legs, or under the cupboards, or lay them on the lower shelf under the papers. Put this on after fall housecleaning, and it stays there until spring, when it is all scraped off, the shelves are washed and the paste is renewed.

Home-Made Screen.

Have a frame made on flat square lines, from pine wood, the size of the bedroom governing its height and width, and finish it with two coats of ivory enamel. If cretonnes are used as hangings in the room, use the same material to cover the screen. To do this, stretch the cretonne across one side of the frame, and tack it in place, at the inside edge, with the smallest upholstery tacks. Place a half-inch ivory molding over the edges of the cretonne, where the tacks are driven in.

This gives a panel effect. On the other side of the frame, stretch and tack an imitation filet-lace net, and treat it with the same narrow, ivory molding.

If the walls of the bedroom have figured paper, then the hangings will doubtless be of solid color, and the same solid colored material should take the place of the cretonne on the screen.

Hard Water May Be Softened By—

1. For each gallon of water, use two tablespoonfuls of a solution made by dissolving one pound soda in one quart boiling water. This should be bottled and kept on hand.
 2. For one gallon water use one-quarter tablespoon caustic soda (lye), dissolved in one cup water.
 3. For one gallon water use one tablespoon borax dissolved in one cup water.
-

Molasses used in cooking should be previously boiled and skimmed. This removes the raw taste.

To Prevent Flies and Rats.

Some experiments with flowers as preventatives of flies and rats and the plan works excellently. In a window-box plant old-fashioned mignonette. The fragrance of this flower, which is so pleasant to us, is extremely disagreeable to flies. As soon as the flowers began to bloom in our boxes, the flies about the rooms disappeared.

To rid a place of rats, plant blue-flowered cat-mint around the house, barn, and grainery, and when it has grown up all of the rats will have left. Besides being a humble beautifier of the place, the little flower is a real blessing.

Hints for Lamp Cleaning.

If the country housekeeper, who is dependent on the use of lamps instead of gas or electricity, will take her lamp wicks when new and soak them thoroughly in good apple vinegar she will be delighted with the result.

Do not wring them out, but hang near a stove or lay out on a plate until dry. By this treatment you will double the lighting power of your lamps or lanterns. You will also find that with wicks prepared in this way, only one cleaning each week is necessary, for the wicks will not smoke and the chimney and globe will not blacken around the top. This simple suggestion I have found a great time and labor saver.

Separating Postage Stamps.

Almost every housewife has at some time had her supply of stamps stick together, and has been put to the trouble of soaking them apart, then drying and using either mucilage or paste to affix them to the envelope. When this occurs, do not soak them. Instead, lay a thin paper over them, and run a hot iron over the paper. They will come apart easily and the mucilage on the back of the stamps can be used as though it was new.

Starch.

Mix one tablespoon starch with four tablespoons cold water; pour on three quarts of boiling water and boil twenty minutes; add one teaspoonful salt and paraffine wax half the size of a nutmeg; cool and strain through a fine sieve.

The old-fashioned housekeeper always cleaned her beds on St. Patrick's Day, March 17, and she never had any pests of bedbugs.

A "Sure Cure."

I find from experience that a sure cure for bedbugs is to take moth balls and cut or break them, put into a bottle and dissolve with gasoline. Use a long-nosed oil can (such as can be bought in department stores for fifteen cents) and inject into all cracks and crevices. As it will not injure anything—but the bugs—it can be used freely.

Hints for Cold Wash Days.

To keep the clothes from freezing in cold weather throw a handful of salt into the blueing water. Warm the clothes pins in the oven before hanging out the clothes and the hands will not chill so quickly. It is a good plan to wear white woolen gloves if one does not find them awkward in handling the clothes.

Sulphur for Rats.

Many housewives will be glad to know that sulphur will successfully rid their houses of rats. Sprinkle it in bureau drawers, closets, and around holes where they are apt to come in. The farmer also will find that his corn will not be troubled if he will sprinkle it about his barn.

Conserving the Light.

My small pocket flashlight was continually getting burned out until a chance electrician told me why. I had been keeping it in a dresser drawer, and every pin or hairpin or other bit of metal that touched the end of it kept it burning. Probably many other people are making the same mistake.

To Make Whitewash.

Slack lime over night, then add glue, blueing, and salt and water to thin, or in place of glue you can use starch made of flour and water.

To Grate a Lemon.

Grate off the yellow part only, as the white is of no use for flavoring and is very indigestible.

To blanch almonds drop into hot water and remove skins, then drop into cold water to keep their color.

Before attempting to chop parsley, wash it and squeeze it very dry in a clean cloth.

To remove the odor of onions from hands, crush parsley in them.

Soak rice in cold water for an hour before using.



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BREAD AND BREAKFAST CAKES

Salt-Rising Bread.

The chief point in making the bread is to keep the mixture very warm. Stir together two tablespoonfuls of corn-meal, one teaspoonful each of salt and sugar, one-quarter teaspoonful (scant) of ginger and one-quarter teaspoonful of baking soda, dissolved in a tablespoonful of scalding water. Set in a warm place to ferment, which will take about twenty-four hours. This is known as "the starter," and, when light, may be set in a cool place, where it will keep for several days. On the morning of baking day, as early as possible, stir up the yeast with three-quarters of a quart of warm water (using care not to have it hot enough to scald the flour), one teaspoonful of salt, one-quarter of soda and flour enough to make the mixture of the consistency of cake batter. To this add three teaspoonfuls of the "starter" and stir well. Set the bowl containing the mixture in a vessel of warm water and set in the open oven to rise. Make a nest of flour in the bread-raiser and set that, too, in a warm place. When the batter is light—or in from one to two hours—pour it into the nest of flour, and three-quarters of a cup of sweet milk, warmed, and one pint of warm water. Make the mixture a little thicker than the batter was, add more salt if needed, and set in a warm place. When light, form into loaves, kneading well and taking care not to have the dough too stiff. Set the loaves to rise, and when light, bake in a moderate oven. This amount makes four loaves.

Colonial Bread (Sweet).

Three cups flour, three teaspoonfuls of baking powder, one teaspoonful of salt, two tablespoonfuls granulated sugar, one tablespoonful butter, one tablespoonful lard and three-quarters of a cup of currants or walnut meats and one and one-half cups milk. Handle lightly, let rise fifteen minutes and bake forty-five minutes. Brush over top with butter before baking. Grease pans.

Fried Egg Bread.

(My Own Recipe.)

Dip slices of white bread in beaten egg and milk; fry to a light brown in butter and serve with sugar sprinkled on top.

Health Bread.

Take three cups of rolled oats and pour over them three cupfuls of boiling water. Let them stand until luke-warm, then add one tablespoonful of shortening, three teaspoonfuls of salt, three-quarters of a cupful of molasses, one compressed yeast cake, dissolved in a quarter of a cupful of tepid water, one cupful of bran, one cupful of whole wheat flour, one small cupful of seedless raisins and about two quarts of plain white flour.

It is impossible to tell how much flour to use, but it should be mixed quite stiff. Knead well and raise over night. In the morning, knead lightly, form into loaves, lay in greased bread pans. When it has doubled in size, bake in a moderately hot oven. This quantity makes three large loaves.

Southern Spoon Bread.

This is a genuine old Southern recipe. Sift a half-pint of fresh cornmeal into a mixing bowl and pour over it a pint and a half of boiling water. Stir well, then beat in two eggs and gradually add a pint and a half of buttermilk, one teaspoonful of baking soda dissolved in a little of the milk, and a scant teaspoonful of salt. Beat to a very smooth batter, pour into a greased baking bowl, and spread over the top one teaspoonful of melted lard to prevent the bread from blistering. Bake in a steady oven till light brown. Serve while very hot.

Buns.

Scald three cups of milk; when cool, add one cup of sugar and half a cake of yeast dissolved in a little warm water. Stir in enough flour to make the mixture a little thicker than cake batter, sprinkle with flour and set to rise over night. In the morning stir one cup of melted butter which has been creamed with one cup of chopped raisins rolled in flour. Add flour until you can handle the dough, then put it on a molding board and cut out into buns. Put these into tins and let them rise again, then bake in a moderate oven. When done, mix a little sugar and milk or white of egg and sugar and wipe over the tops of the buns before they get cold.

Dixie Biscuit.

Beat one egg with sweetmilk and add to flour as in baking powder biscuit and fold over each biscuit and put lump of butter in fold before baking.

Grandmother's Brown Bread.

Scald one quart of yellow cornmeal, stir in while hot one cupful of brown sugar, one teaspoonful of salt, and thin with one cupful of cold water. When cool, add one pound of bread dough, picked to pieces and mix thoroughly. Set aside till light, add one cupful of cornmeal and flour or shorts, mix stiff, mold into loaves, and when risen again bake one or one and one-half hours, according to size of loaves.

Corn Bread.

To a cup of yellow Indian meal add two tablespoonfuls of flour, one of powdered sugar, one egg, white and yolk beaten separately; a teaspoonful of baking powder and a little salt. Stir the whole thoroughly with milk to form a thick batter, put in a buttered tin or porcelain pan and bake in a brisk oven.

Buttermilk Biscuit.

Four level cups flour, sifted once before measuring; one teaspoonful baking powder and one teaspoonful of salt in flour. Now put enough soda in one and one-half cups of sour milk until it foams when beaten, and then add one heaping cooking spoon of lard or shortening. If milk is real sour, use more baking powder.

Baking Powder Biscuit.

Four level cups flour, sifted once before measuring, two heaping teaspoons baking powder, one teaspoon salt and one heaping cooking spoon of lard or shortening. Mix with milk.

Waffles (Light as Air).

To one quart of flour add one pint of warm cornmeal mush; salt to taste; seven eggs, yolks and whites beaten separately, one teacup of sweet cream and fresh milk to make a thin batter. Stir the cream and eggs into the mush, then add flour and milk and then the whites. The batter should be as thin as buttermilk and the waffle irons well greased.

Nut Mixture.

Two tablespoons sugar, one teaspoon cinnamon, one-half cup cracker crumbs, two tablespoons melted butter, three tablespoons chopped nuts.

Southern Corn Pone.

Stir into one cupful of fresh, rich buttermilk half a teaspoonful of baking soda and half a teaspoonful of salt. Then add sufficient cornmeal, so that it may be shaped with the hand. Mold in small, flat cakes and lay in a baking pan in which one tablespoonful of shortening has been melted. Brush the tops of the pones with a little melted butter and bake in a quick oven.

White cornmeal should be used, if possible get the variety used generally in the South.

Coffee Cake.

One-third cup sugar, one-third cup butter, one-half teaspoon salt, one cup scalded milk, one cake compressed yeast dissolved in one-fourth cup of lukewarm water, two eggs slightly beaten; add enough flour to make a stiff batter; cover and let rise to twice its bulk. Cut down and beat thoroughly and spread evenly in two layer-cake tins. Sprinkle with nut mixture and let rise, and bake in hot oven thirty minutes.

Ginger Cake.

One-half cup sugar, one-half cup butter, one cup molasses, one teaspoonful cinnamon, one teaspoonful cloves, two teaspoonfuls soda dissolved in one cup of boiling water, two and one-half cups flour, and add two well-beaten eggs the last thing before baking.

Cinnamon Roll.

Two cups flour, two teaspoonfuls baking powder, one teaspoonful salt, one tablespoonful lard, enough milk to make dough stiff enough to handle. Roll out and brush with two tablespoonfuls butter, two tablespoonfuls sugar, and cinnamon and currants according to taste, and roll.

Graham Corn Gems.

Good graham and cornmeal gems are made with sour milk. To make the cornmeal gems, mix half a cup of sugar, one egg and one tablespoonful of butter together. Add two cups of sour milk in which a teaspoonful of soda has been dissolved. Sift two cups of cornmeal and one of flour, and stir the other ingredients into it. Bake in a quick oven.

Syrup for Cakes.

Make caramel syrup by stirring four tablespoonfuls of brown sugar over the fire until it is a rich caramel color, and then adding five tablespoonfuls of water and letting it cook to a thick syrup.

Good Recipe for Cornbread.

One cup of sweet milk, two of sour milk, two-thirds of a cup of molasses (Orleans if you can get pure), one cup of wheat flour, four of cornmeal, and a tablespoonful of baking powder. Steam for three hours and then place for a few minutes in the oven.

Doughnuts.

One cup of thick sour milk, one cup of sugar, two eggs, one rounded teaspoonful of baking soda, one rounded tablespoonful of butter, one-half teaspoonful of salt, grated nutmeg to taste, flour to make a soft dough. Handle as little as possible and roll into a sheet a quarter inch thick. Cut out and fry in deep fat. Place a small potato in the fat to keep it clear.

Use a knitting needle to lift doughnuts from the grease. It will not perforate them like a fork and allow the grease to soak in. Also, three or four may be taken up at once and in that way they may be better drained and in less time.

Egg Biscuit.

Sift together one quart of dry flour and three teaspoonfuls of baking powder; rub into this thoroughly a piece of butter the size of an egg, a tablespoonful of sugar, a teaspoonful of salt. Mix all together quickly into a soft dough with one cup of milk or more, roll out nearly half an inch thick, cut into biscuit, and bake immediately in a quick oven from fifteen to twenty minutes.

Quick Nut Bread.

Sift together four cupfuls of white flour, one cupful of white sugar, four rounded teaspoonfuls of baking powder, one teaspoonful of salt; add one cupful of chopped hickory nut meats, one cupful of sweet milk, one well-beaten egg; mix well; butter two bread tins, put in the mixture, let it stand for twenty minutes, then bake from thirty to forty minutes.

Bread.

Into a bowl containing two quarts of flour that have been sifted with a tablespoonful of sugar and a teaspoonful of salt, stir a pint of warm milk, a teaspoonful of melted butter, a pint of warm water. Work smooth, turn upon a floured pastry board, and knead steadily for fifteen minutes. Set in a warm place to rise over night. In the morning divide into loaves, knead each thoroughly and set to rise in a warm place for an hour before baking.

Quick Process Bread.

Two cakes compressed yeast, one pint lukewarm water, one pint scalded milk, two tablespoons sugar, one tablespoon salt, three tablespoons lard or butter, three and one-half to four quarts of flour.

Dissolve yeast in water, add lard or butter and half of the flour. Beat until smooth; add salt, and then the rest of the flour, or enough to make a moderately firm dough. Knead thoroughly. Mould into loaves. Place in well-greased pans, half filling them. Cover and let rise to double its bulk. Bake forty-five minutes in oven 380 to 420 degrees.

Yeast for Rolls.

One and one-half cups well-done Irish potatoes; use a ricer, and while warm make up yeast; one-half cup of sugar, one cake compressed yeast, one cup tepid water, one cup of sweet milk, two eggs and flour to make consistency of batter. After raising add one quart flour, one teaspoonful of salt and one large tablespoonful of fat; knead and roll out and cut with a biscuit cutter and brush over top with melted butter.

Cornmeal Griddle Cakes.

Mix thoroughly a half-cup each of cornmeal and flour, add one and one-half cups of buttermilk or sour milk, a tablespoonful each of molasses and melted butter beaten well together, a half teaspoonful of salt and a teaspoonful of baking soda, dissolved in a little warm water, and one beaten egg. Whip hard and pour on a hot griddle.

Muffins or Drop Biscuits.

One and one-half cups of flour, one tablespoonful lard, one cup milk, two heaping teaspoonfuls baking powder. Sugar and salt to taste. Drop in muffin tins. Bake in a hot oven.

Parker House Rolls.

One pint scalded milk (cooled), three tablespoons lard or butter, two tablespoons sugar, one teaspoon salt, one cake compressed yeast dissolved in one-fourth cup lukewarm water.

Add flour enough to make sponge thick enough to beat. Let it get light and then add enough more flour to knead, twenty minutes. Shape and let rise to double their size and bake in hot oven twenty minutes.

Griddle Cakes.

Left-over mashed potatoes can be made into dainty and wholesome griddle cakes. The potatoes are, first of all, to be "riced," then mixed with the beaten yolks or two eggs (for three pints of potato), the whites to be whipped thoroughly, as for meringue, and added next. Enough thrice-sifted flour to make the batter firm and one pinch of sugar to insure prompt browning is all that is necessary. Served with jam or maple syrup, they will be found very delicious.

Southern Corn Bread.

Sift one pint of cornmeal (white preferred), add a level teaspoon of salt and soda, a well-beaten egg and one and a half cups of sour milk. Melt butter or lard the size of a walnut in a pan, pour in the butter and bake twenty minutes in a moderate oven. This same recipe makes delicious muffins. Also by making the same batter thinner, it can be used for batter cakes.

Southern Beaten Biscuit.

Sift a pint of flour with a teaspoonful of salt and add enough water to make a very stiff dough. Lay this upon a floured pastry board and beat hard with a wooden mallet or a rolling pin for fifteen minutes, turning the dough about, that every part of it may be beaten. Cut into rounds, prick with a fork, and bake to a delicate brown.

Swedish Timbales.

Use timbale mold, making batter as follows: One cup of flour, one egg, then fill cup up with milk, pinch of salt, pinch of sugar and beat well. Make the mold hot, by heating in the fat, lift, wipe dry, dip in the batter and fry until light brown. Dust lightly with pulverized sugar, fill with stewed fruit or whipped cream.

Cornmeal Muffins.

Sift one cup of white cornmeal with two-thirds flour, one teaspoonful of salt and two of baking powder; sift three times. Beat two eggs together with one tablespoonful of sugar, add one and one-half cupfuls of hot milk and a heaping tablespoonful of butter; when butter is melted sift in the flour mixture and beat rapidly for three minutes. Turn into hot muffin pans that have been well greased and bake in quick over twenty minutes.

Cornmeal Mush.

Put two cupfuls of water and one of milk into double boiler and allow to come to boiling point. Mix one and one-half cupfuls of corn with one teaspoonful of salt and turn over it one cup of cold water; stir until all the meal is moistened, then add by spoonfuls to the boiling water; stir a minute, then cover and cook at least two hours. Serve hot with cream.

Cornmeal is most healthful and also delicious if cooked in the proper way. All mush should be cooked in a double boiler—this admits of slow cooking and steaming and there is no danger of scorching.

Cornmeal Souffle.

Put one pint of milk into double boiler and when it is at boiling point stir in slowly two-thirds cupful of white cornmeal; add one even teaspoonful of salt and cook at least an hour. Take from the fire and add one tablespoonful of butter and the yolks of four eggs beaten until smooth and slightly cool. Whip the whites of the four eggs to stiff dry froth and fold into the cooked meal. Turn the souffle into buttered baking dish and set dish in pan of warm water and bake in oven thirty minutes. Serve with maple syrup.

Cornmeal Mush Fried in Syrup.

Melt two tablespoonfuls of butter over slow fire and add two tablespoonfuls of golden syrup; heat hot, but do not brown. Slice cold mush in even-sized slices and lay in the syrup and butter. Fry rather fast, brown on one side and then turn and brown other side. Do not turn but once, as the slices will be broken. Serve on hot platter and turn butter and syrup that is left in the skillet over the fried mush.

Tea Rolls.

Materials: One cup scalded milk, one-quarter cup sugar, one teaspoonful salt, one-quarter cup melted butter, one pinch nutmeg, two eggs, one cake Magic yeast, dissolved in one-quarter cup lukewarm water, three and one-half cups flour.

Way of preparing: When the milk is lukewarm add two cups flour. Beat well and add the dissolved Magic yeast. Let rise; then add the butter, sugar, salt, nutmeg and the well-beaten eggs. To this add enough of your flour to make a soft dough. Knead well and let rise in a warm place. Shape into small rolls. Put into a buttered pan, let rise, and bake in a brisk oven for fifteen minutes.

Raisin Coffee-Cake.

This inexpensive cake will be found delicious to serve with afternoon tea or as dessert for an informal supper.

Cream together half a cupful of mixed butter, or other shortening, with two tablespoonfuls of sugar and add these ingredients in the order in which they are mentioned: One egg beaten light, one cupful of cane syrup, one cupful of strained, strong coffee, one teaspoonful of salt, one tablespoonful each of ground allspice and cinnamon, one teaspoonful of ginger and one heaping teaspoonful of baking powder sifted with about two and a half cupfuls of flour. The exact amount of flour can hardly be given, as the thickening properties vary.

Beat the batter hard, stir in two cupfuls of seeded raisins, which have been dredged with flour, and pour into a greased loaf cake pan. Bake in a moderate oven.

Buttered Sirup.

Place one-half ounce of butter in cup of sirup. Set in saucepan of hot water on stove while the cakes are cooking. Let it heat thoroughly. Serve with muffins, hot cakes, etc. This gives the sirup a rich flavor and no other butter is needed.

Crisp Waffles.

Take two-thirds quart of sour milk and mix quite stiff with flour and a pinch of salt. Let stand over night. In the morning put in three eggs and one teaspoon soda mixed with boiling water. If waffles are for luncheon, mix flour and sour milk after breakfast.

Salt Rising Bread.

About 1 or 2 o'clock p. m. put four teaspoonfuls into a cup and pour over it one-half cup of scalded and hot milk. Stir quickly till perfectly smooth, place in warm water and set in warm place until next morning.

Scald a small stone jar until it is hot. Pour into it two cups warm but not hot water, and stir in one teaspoonful salt and three cups flour. Beat with a knife until well mixed, then add the meal and milk. This looks very unlike yeast, but put it into the batter in the stone jar and set the whole into a pan of hot but not boiling water. Keep the water in the outer vessel at an even temperature. In an hour's time give it a good beating for three minutes. Return to the pan of hot water. When the dough has doubled the original bulk, it is ready for the bread.

Warm the quantity of flour you usually set aside for a baking; put it into a big bowl; make a hollow in the center and stir in one tablespoonful lard and one tablespoonful sugar (no salt). Next add the sponge and one pint warmed milk. Mix and beat with a spoon until nearly thick enough, then mix in the rest of the flour with the hands until it is a smooth paste. Mold into loaves and set for final rising in warm place. When doubled in bulk, bake in moderate oven. The secret lies in having even temperature.

Brown Bread.

One-half cup cornmeal, enough boiling water to scald, butter size of egg, one cup black molasses, one cup buttermilk, one quart graham flour, heaping teaspoonful soda (put soda in milk). Mix. Divide equally into four parts. Put in baking powder cans and put covers on. Bake in moderate oven.

Rice Cakes.

Moisten a large coffee cup of cold boiled rice with enough sweet milk to make a smooth paste, add a tablespoon of melted butter, a small half teaspoon of salt, an even teaspoon of sugar and a well-beaten egg. Make into balls or cakes and fry in hot lard.

Soda Biscuit.

One quart of flour, pint of buttermilk, into which dissolve a teaspoonful of soda, half teaspoonful of salt, piece of lard size of a large egg rubbed in the flour. Mix well together. Roll out about an inch thick and cut into biscuits. Bake in quick oven.

Muffins.

(My Own Recipe.)

Cream one-third of a cupful of butter; add gradually one-fourth of a cupful of sugar and one-fourth of a teaspoonful of salt; add one egg beaten light, three-fourths of a cupful of milk, two cupfuls of sifted flour and four level teaspoonfuls of baking powder. Bake in hot buttered gem-pans about twenty-five minutes.

Indian Bannock.

Over one pint of sifted cornmeal pour boiling water sufficient to make a stiff dough. Add no baking powder, or other rising powders, but have the water salted to taste. Spread the dough with a spoon or knife in a well-greased baking-pan, and bake it forty minutes. When done, pour a pint of scalding water over it while in the pan, then break and serve with creamed bacon, fish, dried beef, or chicken fricassee.

Quick Cinnamon Bun.

Sift a quart of flour into four teaspoons baking powder and a half teaspoon salt; rub in two tablespoons shortening; add milk to just moisten. Mix, roll into a sheet, spread with butter, dust thickly with sugar, lightly with cinnamon, and sprinkle with dry, clean currants. Make into a roll, cut into two-inch lengths, stand these, cut side up, in a greased pan, and bake in moderate oven about forty minutes. Serve warm.

Sally Lunn.

One quart flour, butter size of egg, three tablespoonfuls of sugar, two eggs, two teacupfuls of milk, two tablespoonfuls of cream tartar, one of soda, a little salt. Stir sugar, cream tartar and salt into flour, add the eggs without beating, the butter melted and the milk with soda dissolved in it. Bake in pudding dish.

Sweet Breakfast Muffins.

Sift two teaspoonfuls of baking powder with one quart of flour; add one cup of sugar; rub into the flour a piece of butter the size of an egg; then stir in one pint of milk. Beat free from lumps to a smooth batter. Bake in muffin rings on the top of the stove or in gem irons in the oven.

Hot Cross Buns.

One cake yeast, one cup milk, scalded and cooled, one tablespoonful sugar, three and one-fourth cups sifted flour, one-fourth cup butter, one-third cup sugar, one egg, one-fourth cup raisins or currants, one-fourth teaspoonful salt. Dissolve yeast and one tablespoonful sugar in lukewarm milk. Add one and one-half cups flour, to make sponge. Beat until smooth, cover and let rise until light, in warm place, free from draft—about one hour. Add butter and sugar creamed, egg well beaten, raisins or currants, which have been floured, rest of flour, or enough to make a moderately soft dough, and salt. Turn on board, knead lightly, place in greased bowl. Cover and set aside in warm place, until double in bulk, which should be in about two hours. Shape with hand into medium-sized round buns, place in well-greased, shallow pans about two inches apart. Cover and let rise again—about one hour, or until light. Glaze with egg diluted with water. With sharp knife cut a cross on top of each. Bake twenty minutes. Just before removing from oven, brush with sugar moistened with water. While hot, fill cross with plain frosting.

Doughnuts.

One cake yeast, one and a quarter cups milk, scalded and cooled, one tablespoon sugar, four and a half cups sifted flour, one-half cup sugar, three tablespoonfuls butter, one-fourth teaspoonful mace, two eggs, one-quarter teaspoonful salt. Dissolve yeast and one tablespoonful sugar in lukewarm liquid, add one and one-half cups of flour and beat well. Cover and set aside to rise in warm place for about one hour or until bubbles burst on top. Add to this the butter and sugar creamed, mace, eggs well beaten, the remainder of the flour to make a moderately soft dough, and the salt. Knead lightly. Place in well-greased bowl. Cover and allow to rise again in warm place for about one and one-half hours. When light, turn on floured board, roll to about one-fourth inch in thickness. Cut with small doughnut cutter, cover and let rise again, on floured board or paper, in warm place until light—about forty-five minutes. Drop into deep, hot fat with side uppermost which has been next to board. When a film of smoke begins to rise from fat, it will be found a good temperature to fry the doughnuts. Doughnuts made by this method do not absorb the fat, for the reason that they rise before and not after they are put into the grease.

Noted Cheese Cake Recipe.

A German woman gives this rule for cheese cake. For the foundation she dissolves half a cake of yeast in a cupful of tepid milk and mixes it with two rather heaping cupfuls of flour. Then she adds two eggs, a saltspoonful of salt, two tablespoonfuls of butter and a teaspoonful of sugar. The mixture she works into a soft paste and sets it in a warm place to rise double its actual height. Then she rolls the dough into one-quarter of an inch sheets, covers pie plates with them and sets them to rise again. Meanwhile she makes a mixture of a pound jar of fresh cream cheese, a cupful and a half of thick cream—sweet or sour—three-quarters of a cupful of sugar, three eggs, a little yellow lemon peel grated and two tablespoonfuls of lemon juice. A little orange water, rose water or vanilla or lemon extract is used for flavoring. The mixture is turned onto the paste-covered plates and the cakes are baked in a medium hot oven. Half a cupful of currants may be added if they are wanted.

Apple Johnnycake.

Apple Johnnycake is famous among New Englanders. It is a delicious breakfast or luncheon bread. Mix two cupfuls of cornmeal, a saltspoonful of salt, a teaspoonful of cream of tartar, a scant half-cupful of sugar, half a teaspoonful of soda dissolved in a little water and milk to make a thin batter. Stir in three sour apples that have been peeled and cut into thin slices. Bake in a shallow tin in a moderate oven for thirty-five minutes.

Entire Wheat Bread.

To one cupful of scalded and cooled milk add four tablespoonfuls of sugar, half a teaspoonful of salt and one cake of yeast softened in half a cupful of liquid; add four cupfuls of entire wheat flour; knead. Set to rise at a temperature of about seventy degrees. Cut down twice; shape into a double loaf. Bake light.

A Dainty Breakfast Dish.

Toast your bread light brown, butter and salt. Beat the white of egg stiff and pile on the toast, scooping out a little round center; into this drop the whole yolk. Set in the oven and brown again. Put bits of butter and salt and pepper on the egg and serve on individual plates.

Dutch Honey Cake.

From your breadbowl take a piece of your raised bread dough weighing about a pound and work into it a pound of strained honey, a quarter cupful of butter, a half teaspoon of cinnamon and a pinch each of ground cloves and nutmeg, the grated rind of a lemon, a quarter pound of citron and an ounce of candied ginger, both shredded; the yolks of four eggs, beaten, and the whites of two, whipped light; a half teaspoonful of soda dissolved in hot water and one cupful of flour. Make into a loaf and bake covered for three-quarters of an hour before uncovering and browning. In some respects this resembles the old-fashioned New England bread cake, although much more elaborate—and indigestible.

Hickory Nut Bread.

One egg, one cup sugar, one cup sweet milk, one teaspoon salt, one cup nut meats, four and one-half cups flour, four level teaspoons Royal baking powder.

Mix well and let stand twenty minutes. Put into pans well greased, then brush top of loaves with melted butter. Bake in moderate oven until well done. When mixing ingredients leave half cup of flour until last; this should be used for kneading into dough.

Apple Cake.

(Apfel Kuchen.)

One and a half cakes yeast, one cup milk, scalded and cooled, one teaspoon sugar, three and a half cups sifted flour, one-fourth cup butter, one-half cup sugar, two eggs, one-fourth teaspoonful salt, five apples. Dissolve yeast and one tablespoonful sugar in lukewarm milk, add one and one-half cups flour to make a sponge, and beat until smooth. Cover and set aside in a warm place until light—about three-quarters of an hour. Have sugar and butter well creamed, add to sponge. Then add eggs well beaten, rest of flour, or enough to make a soft dough, and salt. Knead lightly. Place in well-greased bowl. Cover and set aside to rise—about two hours. Roll half an inch thick. Place in two well-greased, shallow pans. Brush with butter, sprinkle with sugar. Cut apples in eights and press into dough, sharp edge downward. Sprinkle with cinnamon. Cover and let rise about one-half hour. Bake twenty minutes. Keep covered with pan first ten minutes, in order that the apples may be thoroughly cooked.

Graham Bread.

One cake yeast, one cup milk, scalded and cooled, one cup lukewarm water, four tablespoonfuls light brown sugar or molasses, two tablespoonfuls lard or butter, melted, four cups Graham flour, one cup sifted white flour, one teaspoonful salt. Dissolve yeast and sugar, or molasses, in lukewarm liquid. Add lard or butter, then flour gradually, or enough to make a dough that can be handled, and the salt. Knead thoroughly, being sure to keep dough soft. Cover and set aside in a warm place to rise, for about two hours. When double in bulk, turn out on kneading board, mold into loaves, and place in well-greased pans, cover and set to rise again—about one hour, or until light. Bake one hour, in a slower oven than for white bread. If wanted for over night, use one-half cake of yeast and an extra half teaspoonful salt.

German Coffee Cake.

One and a half cakes yeast, one cup milk, scalded and cooled, one tablespoonful sugar, three cups sifted flour, one-half cup butter, one cup sugar, one-eighth teaspoonful mace, one and a half cups mixed fruit—citron, raisins, currants in equal parts, one-fourth teaspoonful salt, three eggs. Dissolve yeast and one tablespoonful sugar in the lukewarm milk, add one and one-half cups of flour. Beat well. Cover and set aside, in a warm place, to rise one hour, or until light. Add to this the butter and sugar creamed, the mace, the fruit, which has been floured, the balance of the flour, or enough to make a good cake batter, the salt, and eggs well beaten. Beat for ten minutes. Pour into well-buttered molds, filling them about half full, cover and let rise until molds are nearly full, then bake in a moderate oven. If made into two cakes, they should bake forty-five minutes; one large cake should bake one hour.

Potato Pancakes.

To one cupful of cold mashed potato, add one cupful of milk. Sift together, in another vessel, one-half cupful of flour, one-half saltspoonful of salt (assuming that the potatoes have been previously salted), one teaspoonful of sugar, and a heaping teaspoonful of baking powder. Add this to the potato and milk. Beat well. Add a tablespoonful of melted butter, and beat again. Beating is the secret of light cakes, as the word "batter" indicates. An egg will help to make the mixture lighter, but is not necessary. The sugar helps to brown the cakes. Fry in the usual manner and serve with maple syrup.

Zwieback.

One cake yeast, one-half cup milk, scalded and cooled, two tablespoonfuls sugar, one-fourth cup lard or butter, melted, two eggs, two and three-fourths cups sifted flour, one-half teaspoonful salt. Dissolve yeast and sugar in lukewarm milk. Add three-fourths cup of flour and beat thoroughly. Cover and set aside, in a moderately warm place, to rise for fifty minutes. Add lard or butter, eggs well beaten, enough flour to make a dough—about two cups, and salt. Knead, shape into two rolls one and one-half inches thick, and fifteen inches long. Protect from draft and let rise until light, which should be in about one and one-half hours. Bake twelve minutes in a hot oven. When cool cut diagonally into one-half-inch slices. Place on baking sheet and brown in a moderate oven.

Genuine Boston Brown Bread.

One cupful each of rye meal, Indian meal, graham flour and molasses; two cupfuls of sour milk, one teaspoonful of salt, and two of soda. Mix the dry ingredients. Stir in the milk and molasses (Porto Rico preferred), and pour into a well-greased form or tin pail. Cover tightly, and boil three hours. Should the batter appear thin, do not add anything more. Water must boil constantly, but not boil over the pail, and the kettle should be kept two-thirds full. Remove the cover, and dry a few moments in the oven before serving.

Eggless Ginger Bread.

One cup molasses, one cup brown sugar, one cup warm water, one teaspoon soda dissolved in the cup of warm water, two tablespoons butter, one teaspoon ginger, three cups flour. Bake in moderate oven.

Ginger Snaps.

Two cups New Orleans molasses, one cup lard, one teaspoonful soda, one teaspoonful cinnamon, one teaspoonful ginger. Boil; when cool add flavoring. Flour to thicken. Roll thin.

Batter Cakes.

Beat one egg light, add pinch of salt, one heaping teaspoonful baking powder, one-half cup sweet milk and flour to make a batter.

Baking Powder Kuchen.

Three-fourths cup sugar, one and one-half cups milk, butter size of an egg, three teaspoonfuls baking powder, two eggs, four and one-half cups flour. Cream, sugar and butter, then add eggs, milk and flour and baking powder. Spread with a spoon in a greased pan. Sprinkle over top one-half cup sugar, and flour and butter rubbed together to taste, and then bake. You can add cinnamon or apples sliced thin.

Coarse Rye Bread.

Two and one-half cups of coarse rye flour, salt, one and one-half cups potato yeast, one-third cup of sugar, one-third cup lard or butter. Mix yeast, salt and flour and let rise over night, then add sugar and melted butter and white flour to make stiff. Let rise and knead and form in loaf. Let rise again and bake.

Potato Pancakes.

Eight raw potatoes grated fine; squeeze out water through cloth and then add four eggs, four tablespoonfuls flour, one cup milk, a little salt. Stir all together and fry in half butter and half lard.

Apple Fritters.

One cup flour, three tablespoonfuls sugar, one-third cup of milk, one beaten egg, two teaspoonfuls baking powder, two apples chopped or sliced (if a good cooking apple is used), a little salt. Fry in deep hot lard. You can use same batter for plain fritters.

Phauukuchen.

(My Own Recipe.)

Three eggs beaten light, salt to taste and flour to make a rather stiff batter. Fry in hot lard in large cakes the size of pan. This makes three.

Flannel Cakes.

Use eggs according to number served, making a stiff pancake dough, with milk, salt, a little sugar, one tablespoonful butter, one teaspoonful baking powder and flour.

SOUPS

Soup a Diet Regulator.

There are some old-fashioned customs which are quite worth while taking up again, after having recovered from the ill effects of some of the new fangled propositions. One of the most sensible old customs which has almost vanished from households in general, is to serve a good soup. The well-to-do will include soup during winter in their evening meal, but the less fortunate have come to regard it as a luxury or a part of the meal, easy to dispense with. This prevailing opinion is absolutely wrong. And the sooner we rectify it, the better. If soup is canned, we take it for granted that it is in reality what it looks, namely vegetable, oxtail, chicken or whatever the label affirms. Canned soup is better than no soup.

Soup is the very best diet regulator we can find anywhere and it costs very little besides. Why is it a diet regulator? Because it contains salts which cannot be assimilated in any other way, for our digeston is not able to extract them from the food we eat. These salts are essential to a perfect digestion. They regulate the digestion and nourish the nervous system. It is, therefore, not to be wondered at, that Italians thrive on onions, cheese and soup, prepared from fish, meat and herbs they find in the meadows. The German race comes next in soup consumption and every one must concede they lack in no quality which goes to make a fine, strong physique. Then come the French, where le Pot au Feu is a standard dish, known to the whole world. They represent a race which is not habitually visited by the green monster of dyspepsia and indigestion. They are, what we may call, a jolly crowd, well fed and not ashamed of a certain enbonpoint. On the contrary their idea of womanly beauty is connected with an amiable amount of flesh and scrawniness is held in abomination. So far for the proof of the excellent result of the soup eating habit. Of course it is a habit just like everything else, like eating onions, pickles, olives and oysters. We do not know how much tastes in eating are but acquired habits. Give a child nothing but sweets and it will turn away from all other foods. A good soup is the easiest thing in the world to prepare. A bone, some gravy, some herbs, a few potatoes, in fact anything you do not use for the rest of your meal will do. Pea soup, potato soup, bean soup, are splen-

did for the winter, and with an additional hambone they are always appreciated by the male members of the family. So make soup eating a habit and watch the result. Both in winter and summer time, no difference, only difference in ingredients.

Soup Stock.

One shin of beef, five quarts of cold water, one onion, one small carrot, one turnip, two bay leaves, one sprig parsley, twelve cloves, one stalk of celery, one level teaspoonful of salt. Wipe the meat well with a damp cloth, then remove all the meat from the bone. Place the bones in the bottom of a large porcelain or granite soup kettle. (Never use an iron kettle for soup.) Cut the meat into very small pieces across the grain and lay on top of the bones, add the cold water and stand the kettle on the back of the range for one hour; then place it over a good fire. When it begins to steam and the scum appears on the top place it over a more moderate fire, add one-half cup of cold water and remove the scum. Then cover the kettle securely and let it simmer gently for four hours. Now add the salt and the vegetables and simmer one hour longer. Now remove from the fire, strain first through a colander and again through a fine sieve and put at once into a cold place. When cold and solid remove the grease and it is ready for use.

Soup Stock.

Put in soup kettle all the meat bones, cold bits of meat, cold gravy and cooked left-over vegetables. Season with salt, a few whole cloves, a small onion and pepper to taste. Add sufficient water and simmer and then strain.

Home-Made Noodles.

(My Own Recipe.)

One egg, one-fourth teaspoonful salt, one teaspoonful baking powder, one tablespoon water, and flour to make a stiff dough. Roll out thin, let dry and cut in strips. Cook in salted, boiling water and before serving pour over croustons sautered in butter.

But if wanted for soup, add while soup is boiling a few minutes before taking up. Cold, left-over noodles may be fried in lard or drippings, and just before taking up pour over them one beaten egg. Remove from pan by inverting plate.

How to Make Good Tomato Soup.

One quart can of tomatoes or fresh tomatoes in season, one pint of soup stock, ten peppercorns or a dash of red and black pepper, one small or one-half large bay leaf, four whole cloves, one slice of onion, two level teaspoonfuls of sugar and two teaspoonfuls of salt.

Cook the tomatoes and seasoning for twenty minutes, then press through a wire strainer to remove seeds and bits of seasoning. While hot, add two pinches of baking soda, as held firmly between thumb and forefinger. Soda cuts the acidity of tomatoes. Heat the butter till it bubbles in the bottom of a sauce pan, but do not let it brown. Place pan on the side of the range and mix three tablespoonfuls of flour smoothly with the hot butter. Add the strained hot tomatoes and serve very hot with croutons. If it is not convenient to use meat stock, one pint of water may be added to the tomatoes and seasoning when they first begin to cook. This makes an excellent tomato bouillon, and having no meat extracts, it will keep a long time if kept covered and in a cool place. It is always ready for quick service either as a soup or a sauce for chops or cutlets. The amount of thickening, and seasoning may be varied according to the individual taste and the purpose for which it is used.

Croutons for Soup.

Croutons for soup are easily made by cutting bread into slices about half an inch thick, buttering on both sides, cutting in half-inch squares and baking in the oven until brown.

Dumplings.

Mix one cup of flour, one saltspoon of salt and one teaspoonful baking powder. Sift three times. Mix to soft dough with four tablespoonfuls of milk and two of water. More milk may be added if necessary. Drop into boiling stew and cook exactly ten minutes, closely covered. The lid of kettle must fit tight, and not be raised till they are to be taken out.

To Make Brown Coloring.

Half cup of sugar, cooked ten minutes in iron pan until burned black, add one-quarter of cup of water, let come to boil, strain and bottle for use.

Egg Balls for Soup.

Powder some hard-boiled egg yolks and add sufficient raw yolk to make into paste that can be rolled, add pepper, salt, a little finely chopped parsley and a very little nutmeg. Roll into balls, dip in flour and put into boiling water until set, then drain and put in the soup before serving.

Lunch, Tomato Bisque.

One cup of tomatoes, two cups of milk, one-eighth teaspoon of soda, two tablespoons of flour, four tablespoons of cold water, one teaspoon of salt, and one-quarter teaspoon of pepper (white). Scald the milk, rub the tomatoes through a sieve, adding soda, salt, pepper and flour. Stir slowly until the hot milk begins to boil. Cook for three minutes, take from fire, add cold water and one-half teaspoon of finely chopped parsley.

Tomato Puree.

One can tomatoes, one saltspoon mace, one teaspoon salt, one saltspoon white pepper, one small onion, two teaspoons butter, two tablespoons flour.

Carrot Puree.

Cook enough carrots to make one cup, when rubbed through the seive, adding the carrot puree to a cream sauce, made of two tablespoonfuls of butter and two tablespoonfuls of flour, adding one pint of milk, cook for five minutes, season to taste with salt and paprika. Sprinkle with finely chopped parsley.

Oyster Bisque.

Strain the liquor from a quart of oysters and put over the fire. Chop the oysters and, after the liquor is at the scalding point, season with salt and paprika and stir in the oysters. In another sauce-pan heat a cup of rich milk, thicken with a tablespoonful of butter and one of flour rubbed to a paste, and a half cup of finely crushed or ground crackers. When the oysters boil, add them gradually to the milk, and serve.

Farina Soup.

Use a soup stock and add one cup of farina just before serving; also oatmeal can be used in the same way.

Puree of Chestnuts.

Shell and blanch one pound of chestnuts. Add one minced onion, one-half cup of diced celery and water to cover. Cook two hours, press through a sieve, add salt and pepper to season, and thicken with one tablespoon each of flour and cooking oil. Dilute to the desired consistency with hot milk and serve with toast.

Cream of Asparagus Soup.

Stew gently the contents of one can of asparagus, press through a sieve and add one quart of hot milk. Season nicely and serve with cubes of toasted bread.

Bouillon.

Two pounds of beef, one pound of bones, two quarts of cold water, one tablespoon of salt, four whole peppercorns, four cloves. Wash the meat and bones and add the water, season and let simmer for two or three hours. Boil down to one quart, strain and let it cool. Then remove the fat that has arisen, heat again and it is ready to serve.

Dandelion Soup.

Wash, pick greens well. Boil in salt water until tender. Drain, chop very fine, mash through colander. Heat one pint milk, thicken with one teaspoonful flour, add salt, pepper, paprika, small piece butter. Add the dandelions to the thickened seasoned milk. Fried bread squares may be added.

Potato Soup.

Three medium size potatoes, one teaspoon chopped onion, one teaspoon salt, one-half teaspoon white pepper, two tablespoons butter, one quart milk, one tablespoon celery, dash cayenne, two tablespoons flour.

Cream of Rice Soup.

Two quarts of chicken stock (the water in which fowl has been boiled will answer), one teacup of rice, one quart of cream or milk, one small onion, a stalk of celery, salt and pepper to taste. Wash rice carefully, add to stock also onion and celery. Cook slowly two hours. Strain, add seasoning and the cream or milk, which has been allowed to come to a boil. If milk is used a tablespoonful of butter should be used.

Oyster Soup.

Set the liquor of a quart of oysters on the fire; after it has boiled a few minutes, add a quart of milk; when this boils thicken with a tablespoonful of butter smoothed in two tablespoons of flour; add the oysters and season with salt and pepper.

Split Pea Soup or Pot Pourri.

Can be made in the same manner, and add a few carrots and small onions while boiling. These dishes are easily made, and if one wishes to make enough, a whole meal can be made from such a dish, as it is concentrated and nutritious.

Oxtail Soup.

Take two tails, mash and put into a kettle with about one gallon of cold water and a little salt; skim off the broth. When the meat is well cooked take out the bones and add a little onion, carrot and tomatoes. It is better made the day before using, so that the fat can be taken from the top. Add vegetables next day and serve with rice.

White Bean Soup.

To one quart of cold water add one cupful of white beans and two or three slices of salt pork. Let this simmer for five hours, until an hour before dinner. Then add a tiny piece of minced red pepper, an onion cut in slices, a cupful of celery chunks and cook slowly until nearly dinner time. Press through a colander, stir in thoroughly a quarter cupful of tomato catsup and a cupful of small croutons. Serve at once, very hot.

Oyster Bisque.

One cup chopped celery, one pint oysters, one tablespoonful flour, one pint water, one quart sweet milk, one tablespoonful butter, salt and pepper to taste. Cook celery until tender and run through colander. Now cook oysters for ten minutes and run through colander. Add flour and butter and milk by degrees. Serve with whipped cream.

Almond Bisque.

Two pints of sweet milk, one cup blanched and ground and browned almonds, one heaping tablespoon flour and one tablespoon butter.

Gumbo Soup.

Separate the joints of a chicken; cut in pieces and cook in butter until brown; lift to a sauce-pan and add to chicken six cups of water; add one tablespoonful flour to butter in spider, pour in two cups of water and simmer, and then strain into chicken. Let simmer one hour and add two cups of okra, one-half cup corn, one-half cup tomatoes, and one tablespoon of minced onion. Season to taste.

Consomme.

Six quarts of water, two carrots, two leeks, two pounds of beef, two turnips, one bunch of herbs, two onions. Let it simmer slowly until reduced to two quarts, then skim, strain and season.

Bouillon.

One pound of beef and one pint of cold water. Cut beef in small pieces, add water to let stand one hour, put in fruit jar, place in pan of water and boil one hour. Season and strain.

White Sauce.

First butter and add flour. Gradually add milk in a double boiler and add rest of milk and almonds. This amount makes fifteen cups.

Split Pea Soup.

One cup split peas (dried) and soaked, two and one-half quarts water, one teaspoonful salt and sugar, one clove garlic, one or two cups milk, a little butter and dash of pepper.

Bean Soup.

Use a good soup stock, add navy beans, one small onion and one cup of tomato pulp, seasoning, and boil two or three hours.

Vegetable Soup.

Two pounds of brisket, two potatoes, one small cabbage, four tomatoes, one onion, one stalk leek, celery and parsley, one carrot, one-half cup butter beans, one small red pepper, one-half teacup rice, one ear corn, and salt to taste, and six quarts of water. Put beef on with water; let boil and skim, then add vegetables and cook.

Mock Turtle Soup.

Put a prepared calf's head, after removing brains, into a kettle, add one teaspoonful salt, cover with boiling water, simmer twenty minutes, drain and lay in cold water. Tie the brains in a bag and cook five minutes in salted boiling water. Now put head back in kettle with three quarts of stock, four cloves, ten allspice and a tablespoon each of sugar and vinegar. Simmer until meat becomes tender, then drain and set stock to cool. Remove meat from head and when cold, cut in dice. Cook in a sauce-pan until brown, two tablespoonfuls each of butter and flour; add stock, having removed grease, the diced meat, the brains, yolks of one dozen hard-boiled eggs, the juice of a lemon, one-half teaspoonful grated lemon peel, ten drops of extract of ginger, and a tablespoonful of sugar caramel. Simmer five minutes, season to taste, and serve.

Mock Turtle Soup.

One calf's head, six onions, six tomatoes, six carrots, twelve potatoes, one-half cup of browned flour, one teaspoonful each of allspice, cloves, cinnamon and pepper. Salt to taste. One cup of sour wine and one-fourth cup of whiskey. Boil the vegetables. Boil calf's head until tender. Take out bones and strain broth. Pick meat from bones and put it and the vegetables through grinder. Put all back into broth, add flour, spices, salt and liquor. Lastly add brains of calf's head chopped fine.

Turtle Soup.

One turtle, two eggs (hard boiled), one onion, juice of one lemon, one tumbler of wine, and browned bread. Boil turtle until tender and strain water and add meat chopped fine. Take eggs, lemon juice, onion and browned bread, season with spice, mix well, add to turtle meat and cook one hour before serving; add one tumbler of wine.

Potato Soup.

Use a good soup stock, add leek and celery and grated boiled potato, and salt and pepper to taste, and serve with croutons.

Egg Soup.

Use any good soup stock, and just before serving beat up one egg and one tablespoon of flour and add to boiling soup.

FISH, OYSTERS AND SEA FOOD

Sardine Balls, a Tasty Luncheon Dish.

Take a can of sardines, remove the skins and large bone; mix this quantity with a cupful of bread crumbs, a tablespoonful of vinegar, one-half of an egg, salt and pepper and a teaspoonful of milk; rub together into balls or a flat form. Then dip in the other half of an egg with a teaspoonful of milk added and then in cracker dust; fry a light brown in drippings. These can be served with parsley or this Hollandaise sauce can be used over them. Put on a slow fire four tablespoonfuls of vinegar, a little onion juice, one tablespoonful of butter rubbed in two of flour, boil a few minutes. Don't forget to add a little salt and pepper and serve with the balls.

Mackerel Balls.

Soak a mackerel over night, boil four large potatoes in their skins. When these are done, peel, mash soft, add salt and pepper to taste, beat one egg and add it, with butter, to the potatoes while hot. Bone the mackerel and flake it fine, add the potatoes, mix well together, run through your potato masher again, then make into little balls, put into a greased pan and bake in a hot oven until brown.

Baked Halibut.

Lay a nice piece of halibut weighing five or six pounds in salt water for thirty or forty minutes to make it firm. Wipe dry and score the outer skin. Lay pieces of fat salt pork and thin slices of onion (if preferred) on top of fish, which has been placed in a dripping pan. Set in a moderately hot oven and baste often with butter and water heated together. When done a fork will penetrate easily, and it will be a fine brown color. Add to the gravy in the dripping pan a very little boiling water.

Carbonade of Halibut.

Skin the halibut and cut into large cubes. Dip into melted butter seasoned with salt, pepper and onion juice, then into beaten egg, then in crumbs. Put into buttered paper over a pan of hot water and bake for fifteen minutes in hot oven. Turn out and serve with any preferred sauce.

Boedins of Salmon.

Free the salmon from skin, oil and bones. Rub it through a fine sieve and mix with two-thirds of its quantity in butter and an equal portion of bread crumbs. Rub these very thoroughly together, season with salt, pepper and a pinch of mace. Add the yolks of three eggs, well-beaten, and a tablespoonful of lemon juice. Mix thoroughly, form into four large rolls, egg and bread crumb them carefully and fry in deep, hot fat to a delicate brown. Drain a moment, then lay on buttered toast. Garnish with mushrooms and serve with a sauce made as follows: Cook two level tablespoonfuls of minced onion in two level tablespoonfuls of butter; when light brown add two tablespoonfuls of chopped mushrooms, a teaspoonful of minced parsley, and cook five minutes. In another saucepan melt two level tablespoonfuls of butter; add one of flour and stir and cook until smooth, then add a cupful of white stock, or of water. Season to taste and cook ten minutes. Strain the onion mixture into this sauce, add another tablespoonful of butter and two teaspoonfuls of lemon juice, and serve as soon as the butter melts. This is a rich and delicious dish.

Tartar Sauce.

One egg yolk, one level teaspoonful mustard, dry, one level teaspoon salt, one gill salad oil, three tablespoons lemon juice, one tablespoon each of chopped parsley, capers and gherkins, one teaspoon chopped onions, dash of cayenne pepper. Put the yolk of a raw egg into a bowl with the mustard, salt and dash of cayenne pepper. Stir with a wooden salad spoon until they are smooth, then add a few drops at a time, the salad oil and lemon juice, stirring quickly. When sauce is thick and smooth, add chopped parsley, capers, gherkins and onions. Onions must be chopped fine. Keep cool until wanted.

Salmon Croquettes.

One-half can salmon broken up in small pieces, one egg, a bunch of parsley cut fine, one-quarter cup of milk, pepper and salt, enough bread crumbs to make it thick enough to mold. Roll in egg and bread crumbs and fry in deep fat.

Salmon Loaf.

One can salmon, two tablespoons melted butter, one-half teaspoon salt, one-half cup cracker crumbs, one egg. Bake thirty minutes.

Buttered Crabs.

Remove the meat from large, boiled crabs; cut up into small pieces; mix it with chopped parsley and fine bread crumbs, having one-third bread crumbs and two-third crab meat. Season with salt and cayenne and moisten with a little melted butter, and then pack into the shells; sprinkle a little lemon juice over the top; cover with a layer of bread crumbs; place a few bits of butter on top of each one and set in a slow oven and bake until brown.

Supreme Cocktail.

Meat of one small lobster, make a sauce of one-half cup of milk, yolk of two eggs, and one teaspoonful of tomato catsup. Two tablespoonfuls of Worcestershire sauce, season to taste with salt and pepper and paprika. Add one-quarter of a teaspoonful of mace, mix well, pour over the lobster. Serve in small liquor glasses surrounded by cracked ice, and place stuffed olive on top.

Frogs' Legs With Tartar Sauce.

Wash frogs' legs in salt and water, dip in batter of one egg, small cup of milk, pinch of salt and flour enough to make thin batter. Have hot lard enough in frying pan to nearly cover. Fry a light brown and serve with Tartar sauce.

Oyster Rarebit.

To make an oyster rarebit put in a saucepan one-half pound of full cream cheese cut in small pieces. Add from one-quarter to one-half cup of oyster juice with the oysters and one-half tablespoonful butter. Stir until creamy and pour over hot toast.

Red Snapper, Bretonne Style.

Cut some carrots, leek, celery, fresh mushrooms and onions in julienne shape, smother all together in butter, add a small piece of garlic; when these vegetables are half cooked put the fish on top, add two gills of white wine, and poach. After poaching, place fish on extra platter, thicken the gravy with a little cream sauce and serve with the fish.

Fried Oysters.

Use good sized oysters. Dry them thoroughly, dip them in fritter batter and fry brown in deep fat. Garnish with lemon and parsley and serve very hot.

Oyster Shortcake.

Make a rich, light, baking powder biscuit dough and bake in layer cake tins. Split and butter each as it is taken from the oven. Scald the strained liquor drained from a quart of oysters. Rub two tablespoonfuls of butter smooth, with two tablespoonfuls of flour, and stir into one and one-half cups scalded milk. Cook and stir until it thickens; add a tablespoonful butter to the oyster liquor, season to taste with salt and cayenne, and let get hot. Add the oysters and cook until the edges curl. Then lay the oysters on the layers of butter shortcake, add the liquor to the sauce, blend thoroughly and pour over the oysters; then add another layer of the shortcake, then one of the oysters and pour sauce over the whole. Sprinkle with a little minced parsley and serve very hot. This is delicious.

Deviled Clams.

Chop one dozen clams in small pieces, add one ounce of butter, one small onion grated, one-half teaspoonful of parsley, one ounce of flour, cook gently for five minutes. Add one cup of milk, yolk of one egg, season with salt and pepper, cooking for five minutes longer and then let it cool. Then fill clam shells, brush the tops with the white of the egg, sprinkle with bread crumbs. Fry the same as croquettes.

Oysters (Creole).

One quart of oysters, one pint toasted cracker crumbs, one cup of cream, one tablespoonful of butter, five eggs well beaten, two small onions shredded, one bunch of celery chopped very fine, juice of one lemon. Into the well-beaten eggs add oysters, celery and onions, salt and pepper, next cream and cracker crumbs and butter, last lemon juice. Serve in patty shells.

Oyster Cocktails.

Stir together a tablespoonful each of tomato catsup and lemon juice, one-half tablespoonful of grated horseradish, one-half tablespoonful of vinegar, a saltspoonful of salt, one-half tablespoonful of Worcestershire sauce and six drops of tobasco sauce. Set in the ice until very cold. Put six small oysters into glasses, which should be set in the middle of a plate of crushed ice, and pour into the glasses the chilled sauce.

Scalloped Oysters.

For one quart of oysters use one and one-half pints of bread crumbs. Pour over these crumbs one cup of fresh melted butter. Put a layer of bread crumbs in a shallow baking dish; place on top of this a layer of the oysters, alternating until you have two layers of oysters and three of the crumbs. Do not use the liquor of the oysters or any milk. Bake twenty minutes.

Oyster Loaf.

Cut a deep slice from the top of a stale Vienna loaf, and with a spoon scrape out the soft part, leaving a wall all around. Fill this box with oysters, seasoning them with salt and pepper and a little tomato catsup; put plenty of pieces of butter over the top, replace the slice of crust. Place the loaf in a biscuit tin, and pour over two spoonfuls of oyster liquor; put upon the grate in a brisk oven, bake for twenty to twenty-five minutes, putting oyster liquor over the loaf from time to time. Serve very hot.

Pigs in Blankets.

Take large oysters and drain well and season with salt, pepper and a drop of lemon juice. Cut fat bacon into very thin slices and wrap each oyster in a slice, fastening with a toothpick. Two cloves can be inserted in one end to simulate ears. Have the frying pan very hot and cook till the bacon crisps.

Tripe, Creole Style.

Cut one and one-half pounds of tripe into narrow strips; fry them a nice brown in a little vegetable oil, with one small onion, chopped fine, one-half a green pepper, sliced or chopped. Then turn into a saucepan with one chopped tomato and half a pint of brown sauce, season with salt and pepper; add a small bunch of herbs and a crushed clove of garlic, if the latter is liked. Cook ten minutes. Then serve with triangles of toasted bread with one point dipped into a little butter and minced parsley, for garnish.

Baked White Fish With a Butter and Lemon Sauce.

Broil fish until done and remove to platter and dress with butter and lemon, according to taste. Also salt and pepper them. Return to oven for a few minutes and serve immediately.

Fish-Balls With Tomato Sauce.

Mix one cupful of cold fish-flakes with an equal amount of mashed potatoes. Add one slightly beaten egg, two tablespoonfuls of milk, three tablespoonfuls of melted butter, and salt and pepper to taste. Mold into balls about the size of an egg. Dip in egg and cracker meal and fry in deep fat until they are a golden brown. Serve on a platter garnished with toast points and parsley and accompanied by tomato sauce. To make the sauce, heat one small can of tomatoes and press through a wire strainer. Add a generous lump of butter, one-half teaspoonful of sugar, salt and cayenne to season. Thicken to the proper consistency with moistened cornstarch.

Fish-Flake Salad.

Mix together one cupful of fish-flakes, one cupful of minced celery, two finely-chopped canned pimentos, and a chopped cucumber pickle. Moisten this with a dressing made as follows: Blend together one heaping tablespoonful of flour, one teaspoonful of sugar, and a half teaspoonful of salt. Add one cupful of sweet milk, the beaten yolks of two eggs, and cook in a double boiler until thick. Beat into this a generous tablespoonful of butter. When cool, add sufficient lemon juice to make the dressing tart. Serve very cold, in lemon cups garnished with watercress. To make the lemon cups, remove the juice and pulp from halved lemons by using a cone-shaped glass squeezer.

Lobster a la Newburg.

Into a pint of cream stir a pinch of baking soda. Beat three eggs light. Cut into pieces of uniform size the meat of a boiled lobster. Season this with salt and cayenne and put into a double boiler with the cream. Stir until the lobster is very hot, then add the beaten yolks gradually, stirring all the time, and as soon as these are blended and the mixture hot, but not allowed to boil, add a wineglassful of sherry, stir for half a minute, then serve on triangles of toast.

Fish Souffle.

Into one cupful of cream sauce that has been seasoned with onion juice and chopped parsley, put one canful of fish-flakes. When hot, add two beaten egg yolks, and cook one minute. When cool, add the beaten whites of the eggs, and pour into a buttered casserole. Sprinkle with fine bread-crumbs, dot with bits of butter, and bake in a quick oven.

Fish Omelet.

Separate the whites and yolks of five eggs. Beat the yolks, and add five tablespoonfuls of milk, three tablespoonfuls of fine cracker-crumbs, and a quarter of a teaspoonful of salt. Beat the whites stiff, and fold into the yolks. Pour into a large, hot frying-pan containing melted butter and lard in equal quantities. Cook slowly, without stirring, until the lower half of the egg mixture has thickened, then place in a hot oven until the upper portion has set. Have ready one cupful of fish-flakes that have been slowly heated in one tablespoonful of butter and two tablespoonfuls of milk or cream. When the omelet is ready to serve, pour the fish over one-half of the omelet. Turn the other half over the fish and lift onto a hot platter. Potato chips make an appropriate garnishing.

Grilled Sardines.

Grilled sardines are easily made and are an excellent dish to prepare in a hurry. Take a can of very firm, large sardines, remove the skin if desired, and fry the fish in melted butter which has begun to brown. After they have cooked a few minutes, not very fast, add a tablespoonful of Worcestershire sauce, paprika and mustard.

Fish Croquettes.

Season one cup of cold, left-over fish with salt, pepper and a little lemon juice. Moisten with sauce made of one tablespoon of butter and one tablespoon of cornstarch in a half cup of cream. Mold into desired shape, dip in egg and crumbs and fry in deep fat.

Fried Smelts.

Clean smelts, removing heads. Sprinkle with salt and pepper, dip in beaten egg and roll in cornmeal or crumbs and fry from three to four minutes in deep fat. Serve on hot platter and garnish with parsley.

Scrambled Codfish.

Remove the bones from a cup of codfish, and put to soak in cold water. When properly freshened add to two eggs beaten into one cup of milk; cook as for scrambled eggs.

Spicing Liquor.

Two pints of white wine, one pint vinegar, two onions sliced, one tablespoon mixed spices, one-half lemon sliced.

Potato Surprise.

Bake as many medium-sized potatoes as will be required, cut each one through the middle lengthwise and remove the inside, being careful not to break the skin. Put the potatoes through a ricer, add sufficient milk, butter, salt and pepper to season, and beat until light. Have ready one can of fish-flakes that has been heated in boiling water before opening. Shred the fish fine; mix into the potatoes, and refill the potato skins, heaping the fish-and-potato mixture in the shape of a pyramid. Make a well in each mound, into which put a lump of butter. Dash with paprika and brown in a quick oven.

Fish-Flakes in Ramekins.

Melt one tablespoonful of butter in a saucepan and rub into it one teaspoonful of flour. Add one cupful of milk, and cook, stirring constantly until smooth. Stir into this sauce one can of fish-flakes and a teaspoonful of finely-minced parsley. Season with salt and pepper. Put into buttered ramekins, leaving room at the top for a layer of hot mashed potatoes. Brush the top of the potatoes with milk, and dot with butter. Brown in a quick oven.

Clam Chowder.

Chop a half pound of pork very fine, put in pot and fry crisp; add a sliced onion, six potatoes, cut into dice; a can of tomatoes and a spice bag containing a half dozen each of whole allspice and whole cloves. Add a quart of cold water and a dash of paprika and cook three and one-half hours. Now add fifty clams, cook for half hour or more and serve.

Oyster Patties.

Heat shells in oven and just before serving, fill with the following: One quart of medium oysters, one can of mushrooms, one-half cup cream or milk, one-half grated onion and minced parsley, two tablespoonfuls of country butter, salt, pepper and cayenne to taste and thickening. Cook oysters and mushrooms in liquor until tender and add rest.

Spiced Oysters.

Blanche (par-boil) oysters and strain, place these in jar. Heat spicing liquor (given below) and pour over oysters; add about one pint of hot oyster juice to same. Let cool before serving.

Spanish Mackerel.

Wash mackerel and put in pan with salt and pepper. Put piece of butter and a little flour on top and three slices of bacon inside of fish. Put very little water in pan until fish is brown, then add strained tomatoes to make the gravy.

Deviled Crabs.

One-half dozen fresh crabs, boiled and minced, two ounces of butter, one teaspoonful of mustard, cayenne pepper and salt to taste. Mix with an equal quantity of bread crumbs and one tablespoonful of cream. Fill crab shells with mixture and put butter and bread crumbs on top and brown quickly in oven.

Broiled Lobster.

One live lobster, weighing one and one-half pounds. Cut the length of back to end of tail. Cut butter the size of an egg into small pieces, and put into the lobster. Set in pan in hot oven and cook until red, about 25 minutes. Take out, salt and pepper, put back for 5 minutes. Brush all over with melted butter and serve on a hot plate with lemon.

Tuna Fish Pie.

Scald a can of tuna fish, pour off water and then line a baking pan with rich crust; add fish, potatoes and a little onion and proceed as for chicken pie.

MEATS

When food is to be fried, a vessel deep enough to immerse the food in the grease should be used and this should heat till the grease is smoking hot, then immerse the food and let remain till it is a light brown. This is for doughnuts, croquettes and potatoes.

No grease should be put in for any kind of pork, as it furnishes its own grease.

Breakfast bacon and sliced ham are very fine when placed on a rack or boiler and placed in hot oven, letting the grease drop into a pan placed underneath.

All beefsteaks, except the round, should be cooked in a very hot skillet or broiler, greased only with a little fat from the steak. The steak should be turned every minute to prevent burning. From eight to ten minutes for steak one inch thick; ten to fifteen minutes for steak one and one-half inches thick is the proper time for medium cooking. When the last turn is made, salt and pepper the upper side, then flop over into a very hot dish, salt and pepper that side, place lump of butter on top and serve immediately. When taken up the steak will be dry, but immediately the juice of the steak will begin to flow and unite with the butter, making a delicious gravy.

Round beef steak should be first placed in hot skillet, like all other steaks, till both sides are well seared, then a very little hot water added and set back on stove to simmer for a half-hour. This makes the meat tender and is far better than pounding and then frying in grease.

When a whole ham is boiled, it will be greatly improved if it is skinned while hot and rubbed well with dry ground mustard, then rubbed with raw egg, to hold a paste made by mixing powdered bread crumbs with vinegar, two eggs, mustard, tablespoon of sugar and pepper, then placed in oven and browned. This covering is an excellent addition to the meat.

Beef Hash.

Slice some cold beef and some cold boiled potatoes; put an onion to a good gravy either from the joint or stewed from the bones. Let the potatoes and beef simmer in the gravy. Add pepper and salt, thicken the gravy, and serve hot, with slices of toasted bread in the bottom of the dish.

Baked Ham.

Soak the ham over night. In the morning scrub it thoroughly with water in which baking soda has been dissolved. Rinse thoroughly. Now put it in an agate or granite kettle, cover with cold water and let it come slowly to a boil. Pour off this water, cover it again with fresh cold water and when it reaches the boiling point the second time add a couple of bay leaves and a teaspoonful of whole cloves. Boil gently two hours. Remove from the water and drain in a sieve or colander. Remove the skin, set the ham in a roasting pan and pour around it a pint of water and cider mixed. Decorate the top with squares of bread crumbs sifted over with black pepper; or, if preferred, the entire top may be covered with bread crumbs. Bake until tender, basting frequently, in a moderately hot oven.

Ham, Country Style.

Place a slice of smoked ham, cut one-third inch thick and weighing one pound, in a baking-pan. Cover with milk, about two cupfuls. Bake slowly, basting frequently, and turning once or twice, until ham is tender, has absorbed almost all the milk and is brown on top. This will take about one and one-half hour. Serve hot, with potatoes and spinach, or baked bananas and string beans. For two slices of ham, about three cupfuls of milk will be sufficient.

Georgia Baked Ham.

Select a small ham. Wash thoroughly in cold water and cover with a layer of baking soda, which scrub into the ham with a brush. Then rinse off and trim neatly and place in a bake pan. Mix the seasoning, consisting of half a teaspoonful each of cloves, cinnamon, celery seed and pepper. Put the whole into the surface of the ham and then cover with a very thick layer of onion, minced fine.

Ragout of Beef.

Two pounds of beef cut into cubes, put in a frying pan; two tablespoonfuls of butter and a slice of onion. When hot add the meat, well dredged with two tablespoonfuls of flour, and turn and stir until each piece is thoroughly browned. Then put into a kettle with enough boiling water to cover. Add a bay leaf and a small carrot and simmer gently three or four hours, or until nice and tender. Salt and pepper to taste, and serve.

Casserole Ham.

Lay slice of ham weighing about one pound in one quart of hot water for one hour. Drain, gash edge to prevent curling and cut in pieces large enough for a single portion; dust lightly with flour. Cover the bottom of dish with very thin sliced potatoes; lay ham on these, cover with another layer of potatoes, dust well with flour, season with salt and pepper. Pour one pint of milk on all; two tablespoonfuls of butter and grated onion. Bake with cover on for one hour in moderate oven. Then remove cover and bake for forty minutes. Use three cups of potatoes after peeling and slicing.

Ham, Virginia.

Cut slice of ham, soak over night in two cups of water, one cup of cider and three tablespoons of molasses. Broil it in pan in hot oven, basting frequently with some of the liquor in which it was soaked. Serve with creamed potatoes.

Ham Toast.

Mix with one tablespoonful of finely chopped or grated ham the beaten-up yolk of an egg and a little cream and pepper; heat over the fire, and then spread the mixture either on hot buttered toast or on slices of bread fried crisp in butter; serve very hot.

Liquor for Ham.

Juice and rind of one lemon and Karo syrup.

Hamburg Steaks.

This is the cheapest of all beef dishes, but delicious when properly prepared. Chop one pound of lean, raw meat very fine and remove all the fiber possible. To it add one-half tablespoonful of onion juice, one-half teaspoonful of salt, one-fourth teaspoonful of pepper, a dash of nutmeg, and one egg. Form into small balls and flatten, dredge with flour and saute in butter. Place them on a hot dish and serve with a thick brown sauce. To the butter in the pan brown and add slowly a little soup stock. Season with salt and pepper and lemon juice or tablesauce and drop a teaspoonful on each cake without spreading it. Garnish with watercress.

Stuffed Steak.

A stuffed flank steak is an excellent dinner dish, but is especially adapted to large families, as the steak usually weighs from two to three pounds. It is equally delicious served hot or cold, and in the latter form is well adapted for picnic luncheons. The butcher will remove all fat from the steak and make a pocket in it. For the filling moisten crumbs from a small loaf of white bread with tepid water. Squeeze them dry, and add two eggs and season with salt, pepper a little grated onion and thyme and sage. Some people add a few drops of lemon juice. Fill the pocket, dredge the steak with flour, salt and pepper and put into a very hot oven. After the meat is seared lower the heat of the oven, turn some hot water and a tablespoonful or two of melted butter into the pan and bake for an hour, basting every fifteen minutes. To secure the pocket steel skewers can be used, and it is just as well to wind a string about the open end to make sure that the flap is kept in place.

Planked Steak.

Use a well-seasoned hardwood plank, oval in shape and from one and a half to two inches thick. Prepare about three pints of hot mashed potatoes, well-seasoned and slightly softened with melted butter and hot milk. Put this in a pastry tube with a large rose end and press it round the edges of the plank, heaping it up in rosettes and making an encircling wall. Lightly dabble the top with beaten egg yolk and place in a hot oven to color a little. In the meantime broil a fine thick steak and have ready one or more varieties of hot cooked vegetables—peas, white turnips, carrots, etc., diced or cut in fancy shapes—and a good brown or mushroom sauce. Transfer the plank from oven to a serving platter or tray, lay the steak carefully in the center, garnish with little heaps of the various vegetables and over it pour a few spoonfuls of the sauce; then send at once to the table.

Roast Beef.

Get first rib roast. Have ribs removed and rolled. Take roasting pan and heat very hot and sear on both sides, then place in hot oven and cook twenty minutes to the inch. When done, have platter hot and slice with the grain of meat. Season with salt, pepper and butter. Serve immediately.

Pot Roast.

Three pounds beef round, two slices suet or two spoons butter, one carrot, diced, one onion, half cup celery and turnips or tomatoes. Fry out suet. Wipe meat dry. Dredge with flour and brown the entire surface in the fat or butter. Place meat in pot, surround with vegetables. Add two cups of boiling water. Season, cover and let simmer for several hours. When done, remove meat and thicken gravy if necessary.

Beef Cannelon.

Two pounds of the round of beef, the rind of half a lemon, three sprigs of parsley, one teaspoonful of salt, one-fourth teaspoonful of pepper, one-eighth of a nutmeg, two tablespoonfuls of melted butter, one raw egg and half a teaspoonful of onion juice. Chop meat, parsley and lemon rind very fine. Add other ingredients and mix thoroughly. Shape into a roll about three inches in diameter and six in length. Roll in butter thirty minutes, basting with butter and water. When cooked place in a hot dish, gently unroll from the paper and serve with Flemish sauce, tomato or mushroom sauce, or any other you may prefer. There will be enough left to serve cold for the following day's luncheon.

Braised Beef.

Take six or eight pounds of the round or a piece of the rump. Lard with salt pork. Put a few pieces of pork in a large pan; when the pork begins to fry, add two onions, two slices carrot, half a turnip, all minced or chopped fine. As soon as they begin to brown nicely, draw to one side of the pan and put your beef in. Dredge well with pepper, salt and flour. Brown the meat well on all sides, then add one quart of boiling water and a small bunch of sweet herbs. Cover the pan and cook slowly three and one-half hours. Baste often; take up and add to the gravy one can tomatoes and cook ten minutes. Strain, pour around beef and serve.

Pot Roast and Spaghetti.

To four pounds or a little less of pot roast (beef) add one can tomatoes (or two pounds fresh ones), one small can red peppers, three medium-sized onions, two level tablespoons sugar, one tablespoon pepper, two tablespoons salt and a stick of celery (or a little celery salt, omitting some of the common salt). Bake in oven about three hours; when done add two well-cooked cups of spaghetti (measured before cooked).

Beef and Macaroni, En Casserole.

Three-quarter pound macaroni, three cups finely chopped beef, two teaspoons salt, one-half teaspoon pepper, two eggs, beaten; one-half cup water or stock.

Cook macaroni in rapidly-boiling salted water until tender. Put bed of macaroni in bottom of casserole; mold beef to fit center of casserole, garnish with border of macaroni. Pour over one cup of water or stock, cover and bake forty-five minutes. Then remove cover and pour over one pint of tomato sauce. Tomato sauce: Two tablespoons butter, one pint strained tomato, two tablespoons flour, one-half teaspoon salt, one saltspoon pepper.

Baked Steak.

Take a steak about an inch thick, trim it nicely and season both sides. Take a baking pan (not too large), rub it all over with garlic, take half a can of tomatoes, season with salt and pepper. Pour half the tomatoes in the pan, put in the steak and pour the rest of the tomatoes over and around it. Take one onion and one green pepper and slice over it and put a few bits of butter over all. Bake twenty or twenty-five minutes. When done remove to a platter and pour all that remains in the pan over the steak.

Beef Loaf.

Boil one cup of milk and mix with it one cup of pulverized bread or cracker crumbs and two eggs well beaten. While still hot mix into it three pounds of chopped raw beef, salt, pepper, two tablespoonfuls of parsley chopped very fine and one small onion chopped. Pack into a mold, so that when it comes out it will retain perfectly the shape of the mold. Turn it into a dripping pan and bake in a moderate oven for two hours, basting it occasionally with a little beef stock, but do not pour over enough of the liquid to make it lose its shape. Serve cold with horse radish.

Round Steak Italian.

One pound of round steak, one quarter pound of macaroni, one pepper and four large onions, with salt and pepper seasoning. Rub meat well with flour, use the hand to pat it in, brown quickly on each side in a little suet trimmed from meat, add one quart of water. Cook slowly for one and one-half hours. Thirty minutes before serving add macaroni, broken in small pieces, and onions cut in slices. Season and serve.

Old-Fashioned German Soured Beef.

Take four pounds of lean beef (chuck preferred) and put it into an earthenware crock with one scant teaspoonful each of whole allspice and cloves, six small onions cut in quarters, and enough vinegar to cover. Allow it to stand over night, then drain.

Heat one and a half tablespoonfuls of clarified beef dripping in a deep skillet, lay in the beef and sear quickly on all sides; then add two cupfuls of the pickle (spices and all) and one cupful of water. Bring quickly to the boil, cover the skillet and cook very slowly, adding more pickle and water if required, and turn the meat occasionally. Season to taste after it has cooked for three-quarters of an hour.

When cooked, remove to a hot platter, strain the liquor in which it has cooked and thicken with two tablespoonfuls of browned flour, mixed to a paste with a little cold water. Be sure the gravy boils after the flour is added. The German hausfrau always adds half a cupful of grated ginger cake to the gravy, but perhaps this would not suit the American palate. This is delicious served either hot or cold.

A Good Recipe for Veal Loaf.

Three and one-half pounds of veal, the lower part of the leg being very good. One and one-half pounds of pork, one tablespoonful of black pepper, or less if cayenne is preferred; one tablespoonful of salt, one tablespoonful of butter; three tablespoonfuls of milk or cream, one-quarter of a teacupful of bread crumbs, two eggs, well beaten. Chop the meat very fine, mix thoroughly after the other ingredients have been added. Pack in a narrow bread pan and bake from one to one and one-half hours in a good oven. Baste, or use a covered pan.

Round Steak, Spanish.

One pound and half from the bottom of the round, one cup of tomatoes, one green pepper, two large onions; grease a baking pan with a piece of suet, lay the steak in it, spread the finely minced onion and pepper over the top, add one tablespoon of flour and one-quarter of a cup of water to the tomatoes, and then pour over the meat. Bake slowly in moderate oven for one hour, basting frequently with the liquor in the pan. Serve on a hot platter with the potatoes molded around in a border.

Sauer Bratten.

Boil together for five minutes one pint of vinegar, one cupful of sugar, one quart of water, one large sliced onion and one heaping tablespoonful each of salt and mixed spices (use whole spices). Remove from the fire and when cooled, add a three-pound piece of beef. Any cheap cut will answer for this purpose. Cover and let stand for three days; then set over a moderate heat, bring slowly to a boil and simmer gently until the meat is tender, about three and a half hours usually being sufficient.

Strain the liquor in which the meat has cooked, then brown together one heaping tablespoonful of butter and a quarter of a cupful of flour and add enough of the strained liquor to make a moderately thick gravy.

Spanish Steak.

Pound one-half cup of flour with a half teaspoon of salt into an inch thick, medium-sized round steak.

Slice one onion, seed and chop two green peppers, one clove of garlic, cut in three pieces, peel and slice six large tomatoes. Put into skillet with two tablespoons of butter. Allow to cook slowly until it forms thick sauce. Turn sauce into bowl. Put two tablespoons of butter into skillet. Heat hot. Put in steak. Turn several times to sear. When steak is brown add sauce. Cover and simmer forty minutes. Do not allow the sauce to cook brown; add a little stock of water as needed. Serve steak and sauce in center of platter with border of cooked rice with dash of curry powder.

Meat Loaf.

Here is a very good recipe for meat loaf: Mix a pound and a half of finely chopped veal with a pound and a half of finely chopped chicken; six large soda crackers, three beaten eggs, one tablespoonful of salt, pepper to taste and a little sage or summer savory. A few drops of onion juice may also be added and a dash of nutmeg, if you like its flavor. Mix all together and press into a deep pan. Pour over it a tablespoonful of melted butter and bake slowly for one hour in a moderate oven. Insert a knife through the center and if the juice runs out bake a little longer. Nothing is more unpalatable than rare meat loaf. Chill thoroughly and when ready to serve set on a bed of small lettuce leaves, parsley or watercress and dress with rings of cold boiled beets and the whites of hard-boiled eggs.

Three Delicious Dishes.

A very cheap and good investment is a boiling piece of veal for which you pay about thirty or forty cents.

Wash thoroughly and put on to cook with cold water to cover. Cook very slowly until the meat is thoroughly tender. Remove the meat and to the broth in which it has cooked, add sufficient finely chopped celery and onion to flavor, salt and pepper, and enough rice for thickening. Simmer until both rice and vegetables are tender. This broth provides a delicious soup for luncheon.

Cut the meat into tiny dice and divide it into two portions. To half, add chopped celery, a handful of nut meats and enough mayonnaise to moisten and serve as a salad. It is not unlike chicken salad.

For the balance of the veal, make a white sauce, add the meat with one tablespoonful of minced green pepper from which the seeds have been removed, one tablespoonful of chopped parsley and salt to taste. Heat over hot water and spread on slices of hot toast, or else turn into individual baking shells, cover the tops with fine bread crumbs, which have been mixed with melted butter, and brown in a hot oven.

There is positively no waste in a piece of veal like this, and three delicious dishes can be prepared, by following this economical method of cooking.

Sausages—Country Style.

Separate a string of fresh pork sausages; prick each sausage with a fork. Put them into a shallow pan, cover with boiling water and cook slowly fifteen minutes. Drain off the water; cook sausages a moment longer until beginning to brown. Fill a baking dish with creamy mashed potatoes. Arrange sausages in a row, side by side, on top of potatoes. Bake in a hot oven until sausages are well browned. Serve hot with creamed cabbage or a cabbage salad.

Calf Brains.

Put the brains in hot salted water for about half an hour. Clean thoroughly, and put in cold salted water to blanch. Put a tablespoonful of butter or drippings in the spider and when very hot, put in the brains—mashing, stirring and turning constantly for about ten minutes. Season with salt and pepper, add two eggs well beaten, and stir all together for a few minutes. Serve as hot as possible.

Two French Ways of Preparing Beef Tongue.

Most housekeepers look upon beef tongue as only to be cooked one way—that is, boiled and sliced down cold. But while if properly cooked it is very good that way, there are several other ways of preparing it which are not only welcome additions from the standpoint of variety, but are delicious.

After you have washed the tongue, lay it in boiling water, letting it stay there until the skin loosens. Then take every bit of the skin off and cut out the gristle.

Put it on to boil for four hours, putting in with it, to add to the flavor, a couple of small onions, a bay leaf or two, pepper and salt and—if you would be thoroughly French—a bit of garlic. But garlic is not necessary, and is very objectionable to most American tastes.

When the tongue is cooked, cut it in half, lengthwise, and broil. Serve at once with the following sauce:

Stir two tablespoonfuls of flour slowly into two-thirds of a cup of butter, which has been melted, and brown it. Then add pepper and salt, a bay leaf and a bit of parsley and two cups of bouillon or beef stock. If you like the garlic flavor, add a bit of it.

Boil for twenty minutes to half an hour, drain out the parsley, etc., and pour over the boiled tongue.

The other way is to boil the tongue in the same way and let it get cold. Then cover it with thin slices of pork or bacon, and put in the oven to roast for forty minutes. Serve hot, with the same sauce.

Chinese Mutton.

Put into a saucepan two cupfuls of cold mutton cut into dice, four level tablespoonfuls of butter, one-half pint water or stock, one cup of green, uncooked peas, one small onion, chopped fine, a small head of lettuce, shredded, and salt and pepper to taste. Cover closely and simmer for an hour. When done serve on a heated dish with a border of rice around it. A little curry may be added to the dish as seasoning. The coarse leaves of the lettuce, which are not nice for salads, can be utilized in this dish.

Calf's Brains, Fried.

Throw the brains into salted boiling water and cook for a minute; lay in cold water, and, when chilled, remove all the membrane and cut into pieces about the size of oysters. Dip in cracker dust, then in beaten egg, again in cracker dust, and fry in deep fat to a golden brown.

Hungaran Goulash.

One pound of lean veal, one-half pound of lean beef, one large onion, three cups of boiling water, one teaspoonful of paprika, twelve small potatoes. Six small onions, six slices of carrots, one teaspoon of salt, one clove, one tablespoon vinegar, one bunch of potherbs, one green pepper chopped fine, two tablespoonfuls of flour, one-half cup of cold water. Slice onions, brown in a little fat, removing the onion, adding the beef and veal, browning well. Place in a baking dish together with the seasoning and boiling water. Cover, place in oven, cooking for one hour. Then add the vegetables, flour mixed with cold water, stir thoroughly. Replace in oven and cook for one hour longer, remove clove and potherbs before serving.

Kidney Stew.

Cut kidney in small pieces, rejecting tubes and hard portion; blanch, then cook until tender, adding one onion, finely minced. When tender, thicken gravy slightly with two tablespoonfuls of butter rolled in two tablespoonfuls of flour, add one tablespoonful of finely minced parsley. Place a border of mashed potatoes around the dish, fill the kidney in the center.

Browned Spareribs.

Have ribs cracked, place in a pan, dust the ribs lightly with flour. Bake in hot oven until done. Dish on a large platter, making border of mashed potatoes, fill the center with cooked sourkraut and lay the browned ribs on top.

Braised Lamb Liver.

Cut one pound of lamb liver in thick slices, dust well with flour and brown well in deep saucepan containing four tablespoons of fat, add one cup of finely sliced onions, one cup of water, cover and cook for one hour, season with salt and pepper, dish and garnish with parsley or water cress.

Pork Tenderloin.

Have your butcher either save or order them for you. Cut in slices, press flat, dip in flour, brown in bacon drippings, turning frequently until well cooked. Season with salt and pepper. Add small amount of flour to a small portion of grease in pan. Brown, add milk and finely minced parsley.

Breast of Veal. (My own recipe.)

Take a breast of veal, have a pocket made into it and fill with a good bread dressing, flavored with sage or a little sausage meat; salt and pepper it and dredge both sides with flour and place in pot and sear both sides in a little fat, then pour on boiling hot water and simmer for about one hour.

How to Use a Cheap Cut of Beef.

Have the butcher cut the stringy part of beef under the flank into long strips and roll like a cutlet, putting in a skewer to hold. Place these in a hot skillet, sear both sides, season with salt and pepper and place on a hot platter over a lump of butter and it will be as tender as tenderloin.

Scrapple.

Cook all scraps of fresh meat together, taking out all bones; run through a food chopper. The hog's head and feet and any kind of scraps can be used in this. Add several large onions, pepper, sage and salt and put on to cook; when hot stir in meal to thicken like mush. Press in pan and when ready to use slice and fry in hot spider. Very little fat is required, as there is usually enough in the scrapple. The meal gives it a good brown when fried. I think this is a nice way to work up scraps.

Meat Dumplings.

Either meat or fish of any kind may be used. Remove all bone, gristle and outside skin and mine. To one cup of this minced meat, add one cup of celery minced, and one minced onion. Season with salt, white and red pepper, and a few drops of Worcestershire sauce. Make a dough of baking powder as if for biscuit. Roll about one-fourth of an inch thick a piece of dough large enough to hold one teaspoonful of the mixture, around which it should be wrapped. Steam about one hour.

Baked Hash. (My own recipe.)

Take any kind of cold meat, cut in small pieces, boiled potatoes cut up, one onion; put in food chopper; add any kind of good stock and seasoning, and bake in oven until brown. You can add one cup of tomatoes, cooked.

Soak hog jowl over night before cooking, also small pork tongues. Either are fine cooked with kale greens.

Rabbit—German Style.

Cut the rabbit into pieces and place them in a bowl deep enough that they may be covered with vinegar, to which add a large cupful of mixed whole spices, salt according to judgment, and, if desired, one sliced onion. Leave the rabbit in this spiced vinegar for two days, keeping it well covered with the liquid. Cook in this same vinegar with the spices for three-quarters of an hour. Then brown a half cup of flour in a little lard and add water to make a thickening. Pour into the kettle with the rabbit and vinegar and leave the rabbit to stew in this gravy until it is tender and ready to serve. It will be necessary to add more vinegar and salt to taste to the gravy, as the first vinegar will be weakened by adding the water and thickening in the process of cooking. It is better to tie the spices in a little cheese-cloth bag, as they are easier to remove when the rabbit is to be served.

Corn Beef.

Wash, clean and put into an earthen dish twenty-four hours before using a piece of beef about seven or eight pounds. Cover with cold water and add one and one-half cups of salt. When ready to cook, remove from brine and wash, then cook in cold water four hours. This will serve eight persons.

Spiced Tongue.

Make a brine strong enough to carry an egg, using two gallons of water and add one-half cup of molasses, one teaspoonful saltpeter, one teaspoonful cloves, one teaspoonful allspice, two teaspoonfuls pepper, one clove, garlic. Place green beef tongues in brine and leave for a week, then draw off the liquor and boil in clear water until tender.

Liver Dumplings.

One-half pound of veal (cooked), one onion, one small stalk of celery, a little salt, nutmeg and pepper, one egg and one cup of stale bread crumbs, one tablespoonful of flour and one-half pound of liver soaked in water. Mix and cook all together and boil in stock, then serve in soup tureen.

Breaded Veal.

Beat one egg and one-half cup milk together, adding a pinch of salt. Dip veal steak or chops in mixture and then into cracker crumbs and fry in hot fat.

Chicken a la Sherry.

Take six mushrooms, one green pepper, one egg, four tablespoonfuls of flour, one cup of rich milk, one cup of chicken broth and the breast of chicken. Put two tablespoonfuls of butter in saucepan, add mushrooms, cut in quarters and the peppers finely minced, cook gently without boiling until peppers are soft, then add balance of butter and flour, blend carefully, gradually adding the milk and broth. Bring to boiling point; add the yolk of egg, then the chicken cut in one-inch square blocks. Take care that after adding the chicken not to stir too much that the meat may not be broken.

Chicken Pie.

Cook the fowl, which has been disjointed, until very tender, with a sliced onion, two stalks of chopped celery and pepper and salt. The latter should be added three-quarters of an hour before the chicken is cooked. Place the chicken in the baking pan, fill with the chicken broth until the pan is about two-thirds full, then add one cupful of thick cream. For the crust, beat one egg until very light, add a pinch of salt, one cupful of sweet milk, one and a half cupfuls of flour sifted with two teaspoonfuls of baking powder, and two tablespoonfuls of melted butter. Place the pan of chicken on the range where the contents will boil, pour over the batter, put quickly into the oven and bake until the crust is crisp and brown.

How to Cook Dried Beef.

Heat milk and water (about half of each), and thicken with a beaten egg and a little flour; when nicely boiled, add the beef, which, of course, should be sliced as thin as possible, and immediately remove from the fire, as the less it is cooked the better; if the beef is very salty, it will need freshening in a little hot water before going into the gravy; but if not, it will season it just right without freshening.

Irish Stew.

Take mutton chops, cover well with water, and let them come to a boil; pour this off and add more water; then a lump of butter the size of an egg, two tablespoonfuls of flour, one teacupful of milk; season; potatoes and two small onions. Boil until the potatoes are done.

Smothered Chicken—Virginia Style.

Singe a broiling chicken and split it down the back. Clean, and wipe with a damp towel, but do not place it in water. Break the breast bone with a potato masher and place in a baking pan with the skin side up. Spread the breast generously with butter, using at least one-quarter of a pound. Sprinkle lightly with salt and pepper and put a small cupful of water in the pan. Cover tightly and cook in a moderate oven for half an hour, basting frequently, then remove the cover, turn the chicken, re-cover and cook for thirty minutes longer. Place the chicken on a hot platter, remove the pan to the top of the fire and stir one tablespoonful of flour into the liquor, stirring until smooth and brown, when add a cupful of milk, and again stir until the boiling point is reached. Season to taste. Strain and pour over the chicken. Serve smoking hot, garnish with fresh green parsley.

Chickens Broiled a la Maitre d'Hotel.

The chickens must be young and should weigh from one to two pounds each. Split and flatten them with a cleaver, then place in a baking pan with the skin side down, dust lightly with salt and pepper, dot generously with bits of butter and put two tablespoonfuls of water in the pan for each chicken. Steam for one-half hour, basting every ten minutes, then remove from the oven, place the chickens on a gridiron and broil over a clear fire until nicely browned on both sides. To the liquor in the baking pan add a little lemon juice and a generous supply of chopped parsley. Arrange the chicken on a platter, pour the sauce over it, and serve surrounded by fresh water cress.

Mock Duck.

Pound well a round steak that is cut about half an inch thick. Spread over it a dressing as follows: Put in a frying pan a lump of butter the size of an egg, a teaspoonful of grated onion and a pinch of sage. Mix well a pint of bread crumbs, moistened with one egg. When the butter is very hot put it in, stir and turn slightly brown. Spread the steak, roll up and fasten with a few stitches. Stick with strips of fat bacon, dredge with pepper, salt and flour. Put in a dripping pan with a little water and baste frequently. Bake an hour in a moderate oven and serve with a gravy made of the water in the pan thickened with flour. Slice this without unrolling.

Roast Quail With Oyster Stuffing.

Clean the birds carefully and thoroughly, then rub with salt and pepper to season. Fill with oyster stuffing, trussing in the legs at the opening near the tail, and close with a few stitches, says What to Eat. Brush over with melted butter, roll in flour, and put into a hot buttered pan in a hot oven. When they begin to brown reduce the temperature, add a cupful of boiling water, a tablespoonful of butter, and baste every ten minutes, adding more water as needed. Bake from three-quarters of an hour to an hour. Thicken the gravy in the pan, diluted with water if necessary, and add salt and pepper to taste. Serve the birds on squares of toast moistened with the gravy. For the stuffing fill the birds with oysters dipped in fresh breadcrumbs, then in melted butter, and again in season crumbs.

Roast Ducklings.

Ducklings must not be stuffed, but must be cooked as simply as possible to preserve the delicacy of flavor. Clean and prepare the same as chicken, then truss neatly and place in a baking pan with a generous lump of butter in each one. Put half a cupful of water and half a cupful of salt in the pan and bake quickly for three-quarters of an hour, basting frequently. Serve with a giblet sauce, fresh peas and currant jelly.

Panned Chicken.

The chicken should be small, not over a pound in weight and should be cleaned and split for broiling. Then break the breast bone and flatten with a rolling pin. Place in a baking pan with the skin side up, laying on each breast a slice of fat bacon. Sprinkle very lightly with salt and pepper, add a little water, cover the pan tightly and bake for one-half hour. Remove the cover and cook until brown, basting every few minutes. Then remove the bacon. Arrange on a hot dish and pour the liquor from the pan over the chicken. Garnish with water cress or fresh parsley.

Fried Duckling.

Cut into nice small pieces, roll lightly in flour, and fry in butter until a nice rich brown. Remove from the pan, and arrange on a platter. For each half pint of sauce stir a tablespoonful of flour into a tablespoonful of butter left in the pan, and when smooth and brown, add a cupful of stock. Season and strain over the duckling.

Thanksgiving Turkey.

Singe the bird well by holding it over lighted paper, after which plunge in plenty of cold water and rub. Drain and wipe dry. Rub inside and out with salt, pinion the wings to the neck, fill the cavities with dressing, sew with cord. Steam the turkey until tender, then put in the oven until brown. (This is the secret of old birds being cooked juicy and tender.) Do not fork into the meat often, nor let it steam until it breaks. Something large is necessary to steam a turkey in. A clean wash boiler is best. Take two pieces of new board 6x8 and nail a lath across these, cut the boards to fit the boiler, lay the bird on this cover and steam. Put in a hot oven about twenty minutes to brown. No basting.

Chicken Croquettes.

To every pint of finely chopped meat allow one-half pint of milk or cream, one large tablespoonful of butter, two large tablespoonfuls of flour, one large tablespoonful of chopped parsley, one teaspoonful of onion juice, one teaspoonful of salt, one-quarter teaspoonful of nutmeg, grated, cayenne and pepper to taste. Put the milk on to boil in a farina boiler. Rub the butter and flour to a smooth paste, then stir it into the boiling milk. Stir continually until it is very thick. Take it from the fire, add the meat and beat until thoroughly mixed. Add the seasoning, tasting to see if enough salt and pepper. Then turn out on a large plate to cool. When cold and hard form into cone-shaped croquettes, dip first in egg and then in bread crumbs, and fry in boiling fat. Serve with sprigs of parsley.

Baked Croquettes.

To two cups of finely chopped veal allow half a cup of dried bread crumbs, one egg, a pinch of mace; salt and pepper to taste. Form into croquettes, roll in egg and cracker crumbs and bake in a quick oven. Pour the tomato sauce around them when dished.

Tomato Sauce.

Add to half a can of tomatoes two whole cloves, pepper and salt to taste and a sprig of parsley. Stew fifteen minutes and strain through a sieve. Keep hot while you put into a saucepan a tablespoonful of butter and heat over the fire to bubbling. Add then a tablespoonful of flour; stir until smooth, pour in the strained tomatoes and stir for a minute longer.

Chicken Croquettes.

One part of cooked chicken, chopped fine, one desert spoonful of salt, one saltspoonful of pepper, one cup of chicken broth or cream, one tablespoonful of flour, five eggs, one teaspoonful of onion juice, one desert spoonful of lemon juice, a little chopped parsley, one pint of cracker or bread crumbs and three tablespoonfuls of butter. Put the cream or stock over the fire and when it boils add flour and butter (mixed), then the chicken and seasoning. Boil three minutes, then add beaten eggs. When cold shape in cylinder form. Dip in egg and crumbs and fry and serve with peas.

Tent Croquettes.

Boil a chicken in a kettle with a tight cover, until it falls easily from the bones. Chop meat as for hash, adding a cup or more of bread crumbs and a few mushrooms, if desired. Season with pepper, salt, nutmeg and juice of one onion, chopped and squeezed. Mix with yolks of two eggs, set away for one hour. Then mold into tent-shapes, dip each croquette into egg and bread crumbs and fry to a nice brown in lard. Serve on lettuce leaves and stick a small American flag in the top of each.

Chestnut Forcemeat (for Stuffing Turkeys, etc.)

Roast and blanch a pint of chestnuts, and boil them for about twenty minutes in strong veal or chicken stock. Drain and put through a vegetable press or through a meat chopper. Add to them the boiled liver of the fowl, a slice of ham, both ground fine, a teaspoonful of onion juice, two tablespoonfuls of fine bread crumbs, a tablespoonful of butter, a teaspoonful of salt, a pinch of grated lemon peel, a dash of cayenne and a saltspoonful of black or white pepper. Moisten with the yolks of two eggs.

Veal Loaf.

To two pounds finely minced veal (raw) add two cups soaked bread crumbs, two eggs, one small onion, salt, pepper and sage, butter size of an egg, mold into a loaf and bake three-quarters of an hour.

Stuffed Tenderloin.

Get large pork tenderloins. Split open and flatten them. Then spread with a dressing made of bread crumbs, eggs, salt, and sage, a little onion minced fine, roll up lengthwise, and tie with bits of string. Bake an hour, basting often.

Meat Croquettes.

Use cold roast beef, chop it fine, season with pepper and salt, add one-third the quantity of bread crumbs, and moisten with a little milk; have your hands floured, rub the meat into balls, dip into beaten egg, then into fine pulverized cracker, and fry in butter; garnish with parsley.

Nut Croquettes.

One pound of sweet breads cooked in hot water with a little lemon and blanched in cold water with a little lemon, two eggs, eight and one-quarter pounds of blanched almonds. Grind all together and form into croquettes and fry.

Dressing for Turkey.

Boil the giblets till tender and chop fine. Add a small onion. Turn the water that these were cooked in over broken bread. Add one-half cup melted butter, black pepper, salt, one teaspoon sage or summer savory.

Raisin Stuffing.

Soak and squeeze dry one quart of bread crumbs, add two well-beaten eggs, one teaspoonful salt, two tablespoonfuls butter, melted, one-fourth teaspoonful pepper, one teaspoonful parsley, one cupful chopped raisins and one-half cupful chopped celery. This is excellent for wild game birds.

Chestnut Stuffing for Roast Turkey.

Boil, shell and take inner skin from Chestnuts. While hot, mash smooth and work into paste, a tablespoonful of butter to a cupful of Chestnuts, and salt and pepper to taste.

Cranberry Jelly.

Boil slowly cranberries and water about fifteen minutes, rub through a strainer, add sugar and cook five minutes. Pour into a mold and let stand till firm.

Cranberry Sauce.

One quart cranberries, one cup water, two cups sugar. Cook cranberries uncovered in water until tender. Remove from fire and add sugar, stirring it in well.

Correct Sauces for Meats.

Here are the rules for serving correct sauces for meats as laid down by an experienced chef:

- Roast Beef—Grated horseradish.
- Roast Veal—Tomato or horseradish sauce.
- Roast Mutton—Currant jelly.
- Roast Pork—Apple sauce.
- Roast Lamb—Mint sauce.
- Roast Turkey—Chestnut dressing, cranberry jelly.
- Roast Venison—Black currant jelly or grape jelly.
- Roast Goose—Tart apple sauce.
- Roast Quail—Currant jelly, celery sauce.
- Roast Canvasback Duck—Black currant jelly.
- Roast Chicken—Bread sauce.
- Fried Chicken—Cream gravy, corn fritters.
- Roast Duck—Orange salad.
- Cold Boiled Tongue—Sauce tartare or olives stuffed with peppers.
- Corned Beef—Mustard.
- Lobster Cutlet—Sauce tartare.
- Sweet Bread Cutlet—Sauce bechamel.
- Cold Broiled Fish—Sauce piquante.
- Broiled Steak—Maitre d'hotel butter or mushrooms.
- Tripe—Fried bacon and apple rings.
- Broiled Fresh Mackerel—Stewed gooseberries.
- Fresh Salmon—Cream sauce and green peas.

Sauce Tartare.

This delicious mess, which is served with tomato salad, boiled fish, or fried soft shell crabs, may be made in several ways, though every way has mayonnaise sauce for foundation. Make the mayonnaise in the usual manner, and add to the yolks of the eggs before they are beaten a teaspoonful of powdered mustard. Then use Italian oil and vinegar instead of lemon. After the mayonnaise has been well chilled stir into it olives, capers and gherkin pickles (not sweet), chopped finely.

Sauce Maitre d'Hotel.

Thoroughly blend a piece of butter the size of an egg with chopped parsley, black pepper and a little fine table salt. Then put this in a bowl to melt slowly, and when liquid serve it smoking hot with boiled or broiled fish, broiled meat, or simply broiled potatoes. Squeeze half a lemon into the sauce before sending it to the table.

Sauce Tomato.

Squeeze six or more large tomatoes through a strainer. Then free the pulp of as many seeds as it is possible to do, and put the pulp and the juice in a saucepan with half a clove of garlic, or one white onion finely sliced, red pepper and salt. Let this simmer slowly on a moderate fire for an hour and then pass all the tomatoes again through a fine strainer. Then put two tablespoonfuls of butter in a saucepan and stir in until smooth a tablespoonful of flour. After this let the sauce cook gently for ten or fifteen minutes more. Such a sauce is served oftenest with boiled macaroni or spaghetti.

Salmis Sauce.

This is fine for warming up cold game or for serving with stewed rabbit or roast guinine fowl. Melt an egg-size lump of butter in a deep saucepan, and stir in a tablespoonful of flour till not a lump remains. Add, then, a cup of bouillon and one of claret, salt, red and white pepper, two shallots or one onion, a few sprigs of parsley, three bay leaves and a pinch of thyme. Let all boil gently for half an hour, and strain out the lumpy seasonings before serving.

Mint Jelly.

Carefully wash a bunch of fresh parsley and boil slowly for thirty minutes in sufficient water to cover it. Strain twice through a jelly bag, add one-half cupful of sugar to each pint of juice and two tablespoonfuls of chopped mint, and boil rapidly for about twenty minutes. Pour into a mold and set in a cold place until serving time, then turn out, garnish with tiny bread and butter triangles and pass with cold meat.

A New Mint Sauce.

With a fork break up a tumbler of mint apple jelly; heat gently until jelly is soft, but not melted to a liquid. Add a few finely chopped fresh mint leaves. Excellent with roast spring lamb or cold cuts of meat.

Sauce Hollandaise.

Make a drawn butter, take from the fire and add gradually the yolks of two beaten eggs, then add juice of half a lemon, a teaspoonful of onion juice and a tablespoonful of chopped parsley. Serve with boiled or baked fish and fish croquettes.

Enchilada Sauce.

Two large onions, minced fine, fry in butter till done (do not brown), one pound best cheese, grated finely, one teaspoon chili powder or the pulp from four dry chili, softened in boiling water; one and one-half pints of hot water, salt and pepper. Turn into onions, thicken with one heaping tablespoon flour, stirred in a little cold water; pour this sauce over toast, rice, Macaroni or boiled fish.

Bechamel Sauce.

One tablespoonful of butter, one-half cupful of stock, dash of pepper, one tablespoonful of flour, one-half cupful of cream, yolk of one egg, and salt to taste. Melt butter and stir in flour until smooth. Add stock and cream, stir until it boils. Take from fire and add salt, pepper and yolk of egg (beaten).

Sauce a la Creole.

One tablespoonful of butter, one minced onion, one shredded green pepper (cooked until pepper is tender), add one and one-half cupfuls of tomatoes, one teaspoonful of sugar, salt, pepper and paprika. You also can add mushrooms.

Maitre d'Hotel Butter.

Two tablespoonfuls of butter, one teaspoonful of salt, creamed and then add juice of one lemon and one tablespoonful of mixed parsley.

Oyster Dressing.

Drain oysters, dip in fresh bread crumbs, then in melted butter and again in seasoned crumbs.

Creole Sauce.

One can of tomato soup, one-half onion, one-half green pepper, one tablespoonful of butter and one tablespoonful of flour.

Tartar Sauce.

One-half cupful white sauce, one-half cupful oil mayonaisse, one tablespoonful leak or onion, one teaspoonful lemon and one teaspoonful chopped parsley.

Homemade Pate d'Fois Gras.

This is a much relished delicacy which is very simple to make at home. When purchased it is always expensive. Buy a calf's liver from your butcher and simmer until tender, adding salt to the water at the end of the first twenty minutes. Boil four eggs until hard, then cool in cold water. Pass both meat and shelled eggs through the meat grinder with two small peeled onions, and into this paste, stir one spoonful of butter and a little paprika and salt to taste. Pack in small jars.

Cider Sauce.

One tablespoon of butter, blend with two tablespoons of flour, adding gradually one cup of cider. Bring to boil, add one-quarter teaspoon of mace, dash of paprika, and salt to taste. Cut ham in thin slice and heat in sauce.

VEGETABLES

Time-Table for Cooking Vegetables.

Potatoes, boiled	20 minutes
Potatoes, baked	45 minutes
Sweet potatoes, boiled	45 minutes
Sweet potatoes, baked	1 hour
Squash, boiled	25 minutes
Squash, baked	45 minutes
Green peas, boiled	20 to 40 minutes
Shelled beans, boiled	½ to 1 hour
String beans, boiled	1 hour
Green corn, boiled	20 minutes
Asparagus	30 minutes

Potatoes Au Gratin.

Peel and parboil white potatoes. Slice thin and arrange in layers in a buttered pudding dish, sprinkling each layer with bits of butter and salt and pepper. Cover the top layer thickly with buttered and salted crumbs and grated cheese. Pour in carefully, not to disturb the layers, a gill of warm milk. Cover and set in the oven and bake for one-half hour, then uncover and brown.

White or Cream Sauce Proportions.

Thin—One T. butter, one T. flour, one cup milk, one-eighth T. salt, dash pepper.

Medium—One and one-half T. butter, two T. flour, cup milk, one-eighth T. salt, dash pepper.

Thick—Two T. butter, three T. flour, one cup milk, one-eighth T. salt, dash pepper.

Melt the butter (do not burn), add flour, salt and pepper, stir until perfectly smooth, then slowly add the milk, stirring constantly. Cook until thick and smooth.

Drawn Butter Sauce.

Two tablespoonfuls of butter, one tablespoonful of flour, one-half pint of boiling water, one-half teaspoonful salt. Mix the butter and flour to a smooth paste in a bowl, place the bowl over the fire in a pan of boiling water, add the half-pint of boiling water gradually, stirring all the while until it thickens. Add the salt. Take from the fire and use immediately. The great point in preparing drawn butter is to take from the fire as soon as it thickens. Serve with asparagus, boiled or baked fish, cauliflower, etc.

Potatoes O'Brien.

Cut cold boiled potatoes in thin slices, add one quarter cup of onions and one finely minced green pepper to every two cups of potatoes, fry slowly, turning frequently, with just enough fat to brown nicely.

Succotash.

(My own recipe.)

Boil a small piece of bacon (breakfast or country) until nearly done, then add a pint of butter-beans and about three ears of corn cut from the cob. You can boil Irish potatoes with this dish.

When to Salt Vegetables.

All vegetables need salt when cooking. Do not wait until they are done. Salt the water after they begin to boil.

Left-over mashed potatoes may be softened with a little milk, mixed with a little flour, formed into little cakes with the hands, rolled in flour and browned in hot fat.

Either creamed or mashed potatoes may be put in a baking dish and browned in the oven.

Potato Cakes.

Season two cupfuls of very finely mashed potato, with a half teaspoonful of pepper and a half teaspoonful of salt. Sift in one cupful of flour containing one teaspoonful of baking powder. Add enough milk to make a soft dough. Flour well, then roll one-half inch thick. Cut into potato cakes two inches square. Grease a hot gridiron very lightly, lay the cakes on it, and cook them on top of the stove or on gas that is turned low. Cover for about five minutes, until they raise and are brown on one side. Then, turn them over and brown them on the other side. When done, split them open while hot, and butter them. Serve at once.

Tomatoes for Lunch.

Wash six solid tomatoes, cut off the stem ends and scoop out the seeds; dust them inside with salt and pepper. Throw one-half cup of rice into a kettle of boiling water; boil twenty minutes and drain. Fill the tomatoes, add a teaspoon of butter to each tomato. Stand these in a pan and bake thirty minutes. Put one tablespoon of butter in a pan, add twelve mushrooms cut in quarters; cook and add one teaspoon of onion juice and two drops of lemon juice. Fill this on the top of each tomato and dish carefully.

Hashed Potatoes—Browned.

Cut cold boiled potatoes into very small dice, mix with them a great tablespoonful of butter, a dash of minced onions and a tablespoonful of minced parsley. Turn into a greased frying pan, and cook long enough for the mass to brown at the bottom. Do not stir. When browned, loosen about the edges and bottom of the pan with a knife, and turn the pan upside down over a heated platter.

Scalloped Potatoes.

Slice raw potatoes thin, place a layer in the bottom of a two-quart basin, season with pepper and salt, then another layer with seasoning, and so continue until the dish is two-thirds full, then cover with rich sweet milk and bake one hour. When ready to serve, spread a tablespoon of butter over the top.

Baked Tomatoes.

After removing skin and seeds, fill with bread crumbs and a little onion and pepper and salt and bake them.

Baked Potatoes.

Wash the potatoes well, wipe them dry, and brush them over with butter. Put them in the oven, on a wire rack with an asbestos mat under it, and bake them about forty minutes. This gives them a fine flavor, colors them an appetizing brown, and will be found an improvement on the usual way of baking potatoes.

Scalloped Parsnips.

Scrape and boil until tender. This will take about forty-five minutes. Mash while hot a sufficient number to make a pint. Beat into this two tablespoons of butter, two of cream, one well-beaten egg, one-half teaspoon salt, a little pepper. Butter a dish and put in layer of crumbs, until the pan is full, using a layer of crumbs last. Sprinkle a very little salt and pepper over the last layer, add a teaspoon each of melted butter, milk and hot water and brown rapidly in oven.

Potatoes—Occidental.

Place the number of potatoes required in the oven and bake for forty-five minutes, or until tender. Remove from the oven, cut slice from top, scoop out the potato pulp, in a bowl, mash fine, adding butter, salt and pepper; beat until creamy, fill back in the potato shell, brush the top with cream, sprinkle with bread crumbs, and finely grated cheese. Return to oven to brown. Serve on a folded napkin.

Preparing Spinach.

Try this method: Remove all roots and bruised leaves. Then put in the sink, turn on the hot and cold water spigots and work the spinach well between the bands. This loosens the dirt which falls to the bottom of the sink; the running water carries it into the drain. Remove the spinach to a pan and with scissors cut in fine pieces or run through food chopper. Place in stewpan with one pint of boiling water and cook for fifteen minutes.

Spinach.

Wash thoroughly one peck of spinach. Cover with salted boiling water. Add soda about size of pea; boil ten or fifteen minutes. Drain, chop, add seasoning to taste. Garnish with sliced hard-boiled eggs.

Fried Tomatoes.

Fried tomatoes is one one of the many forms of serving up this most nutritive and refreshing vegetable. Peeling and slicing are done as for the ordinary salad. Each slice is then laid upon ice in order that it may become thoroughly chilled while the batter is being prepared. This consists of cracker crumbs and beaten eggs. As the slices come from the ice they are lightly rubbed on both sides with a cut onion dipped first in the egg, next in the cracker dust, and fried in beef drippings brought to the boiling point. Before being sent to the table they may be sprinkled with minced watercress or celery tops.

Baked Parsnips.

Scrape the parsnips and cook in boiling water until almost done; then drain and let cool. Butter a baking dish, shake into it a little brown sugar, put in a layer of sliced parsnips, dot with butter, sprinkle with a little sugar and a layer of bread crumbs. Bake for twenty minutes, or until the crumbs are nicely browned.

Potato Croquettes.

Peel the potatoes, slice them, place in saucepan with enough water to cover them (no more); cook until tender; let drip, and mash with three yolks of eggs and one tablespoonful of butter. Roll in shape of cylinder three inches long and one and one-quarter inches thick. Dip in a beaten egg, roll in bread crumbs and fry in butter. Serve for lunch as a garnish.

Egg Plant.

Peel and slice, and lay an hour or more in salted water. Boil in fresh water until it can be meshed fine. When cold, add a pinch of soda, a little salt and pepper, a teaspoonful of sugar, an egg well beaten, and enough flour to enable you to fry in small cakes, in hot drippings.

French Fried Potatoes.

Slice medium sized potatoes lengthwise into six or eight pieces; wipe dry, and fry in a kettle of hot lard about fifteen minutes; adding a few pieces at a time so as not to cool the lard too much.

Sweet Potato Croquettes.

For eight croquettes use one-half cup of hot milk, two generous tablespoons of butter, one teaspoon of salt, two eggs, enough boiled sweet potatoes to make a pint; bread crumbs. When the potatoes have been mashed smooth and light, beat into them the hot milk, then the salt and butter. Next, beat one egg until light and beat this into the mixture, which should now be shaped into croquettes. Beat the second egg in a soup plate. Cover the croquettes with this egg, and roll them in the bread crumbs. Fry in fat till they turn a rich brown. Serve at once.

Saratoga Potatoes.

Pare and cut in very thin slices as many potatoes as required, let stand in cold water for two hours, put potatoes in large cloth and dry well. Have plenty of boiling lard and drop a few slices in at a time. When a light brown take out and spread on paper. Put into oven for a few minutes and sprinkle well with salt.

Curled Potatoes.

Pare potatoes, throw into cold water, then hold curler firmly so the potato will not break, lay in ice water about an hour, dry and fry in hot fat, sprinkle lightly with salt.

Evaporated Sweet Potatoes.

Pare and cut in half six medium sized sweet potatoes. Put them in a granite kettle with a piece of butter the size of a small egg, one-half teaspoonful of salt and half as much pepper, add one cupful of water and cover closely. By the time the water has evaporated the potatoes should be done. Let them brown slightly and serve.

Tomatoes a la Creole.

Scald six large, ripe tomatoes and strip off the skins. Set on ice until wanted, when cut into thick slices and put a layer in a buttered bake dish. Have ready four large or six medium-sized green sweet peppers from which the seeds were extracted early in the day, the peppers then being scalded and set on ice. Chop the peppers into bits and strew the tomatoes thickly with them. (The tomatoes are seasoned with salt and sugar.) Stick bits of butter on the peppers; more tomatoes, slightly salted and sugared, and a top-dressing of minced peppers. Bake, covered.

Stuffed Tomatoes.

Cut out small core at top of tomatoes and squeeze slightly with the hand, so as to remove some of the seeds, then stuff with the following: Chop one onion, put in saucepan with two tablespoonfuls flour, four ounces chopped cooked meat, three ounces white bread (having been dipped in some milk); add a little chopped parsley, let cook a while, then put this stuffing in the tomatoes, pour over some bread crumbs and grated cheese, brush over with melted butter and bake in oven for one-quarter of an hour.

Potatoes Italienne.

Dice five medium-sized cold boiled potatoes; mince two sweet red peppers, place in a saucepan with one cup hot rich milk, season with one ~~teaspoon~~ salt and cook slowly for twenty minutes. Carefully blend two tablespoons melted butter with one tablespoon flour and stir into potatoes until evenly taken up. Turn mixture into a baking dish, lightly sprinkle with grated Philadelphia cheese and minced parsley, cover dish and place in a moderate oven for fifteen minutes. Serve in baking dish.

Sweet Potatoes.

Wash the quantity of sweet potatoes you wish for your family. Boil them until they are nearly cooked, peel them and slice them lengthwise, then fry them in butter and sprinkle them with brown sugar, maple syrup or molasses. Keep warm until served.

O'Brien Potatoes.

Boil potatoes and dice when cold and use following sauce: Cream Sauce—One tablespoonful butter, three ~~teaspoonfuls~~ flour, one cup milk and seasoning to taste. Cook to the consistency of cream; add potatoes and heat through. Fill baking pan with layer of potatoes, layer of bread crumbs and layer of Spanish peppers, and brown in oven.

Candied Yams.

(My Own Recipe.)

Boil the sweet potatoes in water until done, then place in baking dish (sliced) and pour over melted butter, brown sugar and one cup of milk, and brown in oven. You can add a little nutmeg.

Lyonnaise Potatoes.

Slice cold boiled potatoes endwise and then crosswise, making squares; heat butter or fat in pan, chop one onion fine, and when changing color put in potatoes, salt and pepper and cook five minutes; do not break them and stir in a tablespoonful of minced parsley.

Cauliflower au Gratin.

Boil a cauliflower and separate into small pieces. Place in a buttered baking dish and cover with white sauce. Sprinkle with grated cheese and buttered crumbs and bake until just brown.

Scalloped Tomatoes.

Place a layer of fresh sliced tomatoes or canned tomatoes in a pan, then seasoning, then a layer of bread crumbs and so on until dish is full. Dot with butter and bake in oven.

Stuffed Cabbage.

Remove center from head of cabbage and put in boiling water to soften. Fill center with a good bread dressing, adding meat to it if liked, and bake in moderate oven until done, basting with a little water in bottom of pan.

Potato Dumplings.

Four cold boiled potatoes, stale bread crumbs, two eggs, one-half teaspoonful salt, one-quarter teaspoonful pepper, one teaspoonful parsley, dash of nutmeg, two tablespoonfuls of flour, two cups of fried bread crumbs. Grate the potatoes and add to them the bread crumbs, eggs, flour and seasonings. Form into balls and steam or boil twenty minutes. Serve with remaining fried bread crumbs.

Baked Beans.

One pint white beans, cup of tomatoes (canned), four tablespoonfuls of vinegar, two tablespoonfuls sugar and one teaspoonful dry mustard. Soak beans over night and boil. When done add tomatoes and the rest of ingredients and salt and pepper, put in baking dish, place slices of breakfast bacon on top and bake in hot oven to a golden brown.

Boiled Horseradish.

Four horseradishes (peeled and grated), one cup water, one cup of milk, one teaspoonful salt, two tablespoonfuls sugar, a piece of butter, two tablespoonfuls of flour. Boil horseradish in water until it thickens; add milk and the rest of ingredients and boil. Before serving add browned flour.

Turnips.

Cups are made by hollowing out the boiled turnips, leaving only the shell. Mash the part removed, beat well, add butter and a little chopped green or red pepper, or fill with peas, reheat in the oven and serve on the platter with the pork. Around the platter, alternating with the white turnip cups, place the stuffed green peppers. These are washed, the seeds removed from a top opening, which is then filled with boiled rice and butter. Bake until the pepper is tender.

Turnips a la Creole.

Peel the turnips and cut into quarters, boil until tender, season with salt and paprika, pour over this sauce, and serve in individual ramkins. The sauce: Mince fine two green peppers, one onion, adding one-half cup of tomato juice, two tablespoonfuls of butter, five tablespoonfuls of water. Cook until the peppers and onion are tender, then add two teaspoonfuls of melted butter and pour this over the turnips.

Carrots.

Parboil carrots, remove skins and cut in slices one-quarter of an inch thick. Put in saucepan with finely minced green pepper and enough stock to cover; cook for twenty-five minutes, thicken with butter and flour creamed together, add one-half teaspoon of sugar, one teaspoon of salt, one-quarter teaspoon of pepper and one cup of cream sauce to one quart of carrots. Serve hot.

Corn Pudding.

To twelve ears of large, sweet corn cut from the cob, add one and one-half pints of rich milk. Beat four eggs with one teaspoonful salt, and if old corn, add two or three tablespoonfuls of sugar and a pinch of pepper. Bake in a greased earthen dish in a slow oven two hours.

Mushrooms Stewed.

Take one and one-half pints button mushrooms, clean them, put into an enameled stewpan with three ounces of butter, first melted and allowed to brown a little. Stir them gently and shake over a moderate fire in order that the butter may be well distributed over the mushrooms; then add a very little powdered mace or nutmeg, with salt, white pepper and cayenne to taste. Cover and cook till done. Serve around or at one side of bread patties.

Corn Oysters.

To one pint of corn, add one egg, well beaten, a cup of flour, one-half cup of cream or milk, a teaspoon of salt, two teaspoons of baking powder; mix well; fry like oysters, dropping in hot fat by the spoonful about the size of an oyster, drain on soft paper.

Bean Croquettes.

Make cream sauce, with two tablespoonfuls of butter, four tablespoonfuls of flour, and one cup of milk; season with salt and pepper, one teaspoonful of finely chopped parsley and one-half teaspoonful of onion juice. Add one and one-half cups of baked beans, mix and pour on large platter to cool, mold into croquettes, dip in egg and cracker dust, and fry in hot fat until golden brown.

Corn in Tomato Cups.

Cut top off of ripe tomatoes and scoop out seeds and fill with cooked corn, and put lump of butter on each; salt and pepper and a little sugar to taste. Place in baking dish and brown in oven.

German Cabbage.

Shave one-half of a head of cabbage; throw it into a kettle of boiling salted water; let it stand at boiling point for twenty minutes, then drain. After it is in the dish to serve, cover it with a hot dressing of two tablespoons of butter, one tablespoon of vinegar, two tablespoons of sour cream; add salt and pepper.

Creamed Asparagus on Toast.

Cook asparagus until tender and pour over it a cream sauce, and place on slices of toast to serve.

Swedish Baked Cabbage.

New way of cooking cabbage: Boil small cabbage fast for fifteen minutes, take out and chop fine. Take one cup of milk. Salt and pepper. Stir all together thoroughly and bake until brown.

Vegetable Crustades.

Use medium-sized turnip. Wash, clean and place in pan, cover with boiling water and cook until tender; drain, let cool, peel and then scoop out the center. Then fill with creamed carrot and peas. Put in moderate oven to heat about twenty minutes.

Scalloped Onions.

Boil white winter onions until done, throwing away the first two waters and adding salt and a small quarter of a teaspoonful of soda to the last. Drain. To one pint of onions allow one pint bread crumbs and nearly one-half cup butter. Melt the butter and stir thoroughly into the crumbs, using salt and pepper to taste. Line a buttered pan with the bread crumbs, then a layer of onions and so on, having two layers of onions and the bread crumbs on top. Pour over small half cup sweet milk and bake.

Salsify.

Scrape the roots and lay at once in cold water to prevent turning dark. Boil until soft enough to mash fine. Season with salt and pepper. Form into balls made to resemble an oyster as much as possible. Roll in egg and cracker crumbs, and fry a golden brown in hot lard.

Vegetable Hash.

One cup each of carrots, turnips, sweet and white potatoes, one pound of salt pork, three medium sized onions, two teaspoonfuls of parsley, salt and pepper to taste, one cup of water. Peel and cut vegetables in dice, cut salt pork in tiny cubes, place in a large stew pan that has a tight-fitting lid. Cook pork only enough to try some of the fat, add vegetables and water, steam or cook gently until the vegetables are tender. Season with salt and pepper, place in casserole dish, sprinkle top with bread crumbs and finely grated cheese. Bake in hot oven until slightly brown on top. Do not let it become dry. Serve instead of usual dinner.

Italienne Spaghetti.

One small can tomatoes, two medium sized onions, two pieces of garlic, quarter pound butter. Chop very fine one-quarter pound of raw meat—beef, veal, chicken or chicken livers. Add pepper and salt, olive oil if desired. Onions and garlic must be chopped fine. Put them in saucepan, add butter, melt thoroughly with the onions and garlic before adding to the other ingredients. Cook slowly for an hour. To a large saucepan of boiling water add considerable salt and a pound to a pound and a half of Italian spaghetti. Cook twenty minutes. Stir frequently. When spaghetti is done, pour into large colander to drain. Serve on platter, pouring the sauce on top. Serve with grated cheese to taste.

Beets—Buttered.

This mode of cooking beets preserves all the natural sweetness. Wash beets well, taking care not to break the skins. Place in a baking pan with water one inch deep. Bake until tender, and when done slip off the skins, sprinkle with salt, pepper, a little butter and lemon juice.

Spaghetti a l'Italienne.

Cook the unbroken spaghetti in salted boiling water until tender, then drain and transfer to a hot dish. Make a sauce of a cup of tomato liquor, thickened with two tablespoonfuls of butter, and when smooth and thick stir in a teaspoonful of sugar, onion juice and celery salt to taste, pepper and four tablespoonfuls of Parmesan cheese. Pour this over the spaghetti and serve.

Macaroni, Using Fresh Bread Crumbs.

Cook in boiling water, dropping by degrees; add a little salt. After tender drain and pour cold water to blanch, and add one-half cup white sauce with one-half pound of cheese; sprinkle top with fresh bread crumbs and a little milk and butter. To serve you can place sausage (already prepared) on top and run in oven.

A Quick Spaghetti Dish.

Cook spaghetti in salt water until done. Have ready a lump of butter in frying pan, turn in spaghetti, add cheese, salt and pepper, and pour over all about two or three tablespoonfuls of tomato catsup and serve on hot platter.

Macaroni With Tomato Sauce.

One-fourth pound of spaghetti, one tablespoonful of flour, one large tablespoonful of butter, one-half pint of stewed tomatoes, salt and pepper to taste. Take a handful of the long sticks of spaghetti, put the ends in boiling salted water, and as they soften, coil it around without breaking it; boil rapidly twenty minutes, drain, then stand in cold water fifteen minutes. Put the butter in a spider, add the flour and mix until smooth; add the strained tomatoes and stir continually until it boils; add spaghetti, let boil up once and serve.

Fried Corn.

Cut corn from cob and fry in lard; add a tablespoonful of water and seasoning, then cover and cook until tender.

SALADS

To make a perfect salad, there should be a spendthrift for oil, a miser for vinegar, a wise man for salt and a mad-cap to stir the ingredients up and mix them well together.—Spanish proverb.

Real olive oil in gallon cans at the Italian shops or at the pharmacies, can be poured into pint cans and put in the dark. One of these cans must always be kept in the ice box for the weekly use of the mayonnaise mixture. I am sure every one knows about that, as it is as necessary to the family as the chafing dish. A pint of smooth, thick dressing can be made in just half the time it takes for the ordinary fork and plate manipulation, and, too, it will keep weeks in tightly covered glass jars in the refrigerator. Then there is another delicious dressing of the yolks of eggs, butter and vinegar, to be made when eggs are cheap. This sealed in cans and kept cold will be found very "handy" whenever some whipped cream and any cold meats, fish or vegetables are available.

French Salad Dressing.

One tablespoonful of tarragon vinegar and two or three of oil, well blended; add sugar and salt and paprika to taste.

Eggless Salad Dressing.

While eggs are so expensive and salads so essential in the average home, one should know of different salad dressings which lose none of their fine flavor if eggs are not included. One may use olive oil or butter for the purpose. It should be boiled with red pepper and celery seed, then strained. Replace it in the vessel when strained and to it add the desired amount of salt, sugar and mustard, with a fourth teaspoonful of cornstarch to a small quantity of dressing to give it the smooth effect obtained with eggs. Beat this with an egg beater, add a very small quantity of vinegar and, when possible, the least bit of whipped cream. The secret of an exceptionally delicious mayonnaise is the vinegar used. It is spiced and sweetened with brown sugar, and strained for use. It gives that flavor over which one is certain to wonder "what can it be" and yet cannot discover the secret.

Mayonnaise Dressing.

Yolks of two eggs beaten stiff, add one pint of oil, about a spoonful at a time until well blended; vinegar to thin, salt, pepper, sugar and mustard to taste. You can add whipped cream and also lemon.

Cooked Dressing.

Beat eggs stiff. Put sugar, butter, salt, pepper and mustard in vinegar; let come to a boil; add to egg and add cream.

Kingsford Corn Starch and Wesson Oil Combined to Form a Salad Dressing.

Dissolve one-half cup corn star in one-half cup cold water, add one cup boiling water; put in double boiler; add yolks of two eggs, salt and cayenne papper and paprika, juice of three lemons, one cup to one pint of oil.

Buttermilk Salad Dressing.

Beat the yolks of three eggs until very light and stir in very gradually three-quarters of a cupful of rich buttermilk. Add half a teaspoonful of salt, a dash of red pepper or paprika, two tablespoonfuls of tarragon vinegar and the stiffly whipped whites of the eggs. This dressing is particularly delicious for lobster, crab, shrimp or any fish salad and it is easy to make.

Mayonnaise Dressing.

Ingredients: Yolks of two eggs, one-fourth level teaspoonful salt, one-fourth level teaspoonful white pepper, about one tablespoonful vinegar, one cupful or more of olive oil. **Time:** Preparation, about twenty minutes. **Number served:** Six or eight persons, or more. Have all ingredients and utensils very cold. Put the yolks into a bowl or mayonnaise mixed; add salt, pepper; mix. Add one teaspoonful vinegar, mix again. Now add, drop by drop, and beating all the while, sufficient oil to give the desired amount of dressing. As the mixture thickens alternate with a few drops of lemon juice or vinegar. With care, almost a pint of oil may be used. By following directions carefully this dressing should not curdle. If it does, start against with a clean bowl and another egg yolk. After adding a little vinegar and oil, add, slowly and stirring constantly, the curdled dressing, and the final results will be good.

If Mayonnaise Curdles.

That mayonnaise curdled in the making can be set to rights at once by the addition of a tablespoonful of very cold water is the useful discovery of one housewife. Whether this would be effectual in all recipes for making the epicurean dressing has not been ascertained, but it never fails to be so in her formula, which is a delicious one, as follows:

One raw yolk, one hard boiled one, both very cold, mixed in a bowl with the addition of a little salt, and if liked a salt-spoonful of mustard. Stir in at least half a pint of pure olive oil, afterward thinning to the desired consistency with vinegar or lemon juice. The oil may be put in by the dessert spoonful and stirred very quickly, contrary to the usual laborious process of adding it drop by drop. If all the ingredients and bowl and spoon are well chilled it will not curdle. If this accident should ever occur through any mischance add the cold water and it will be rectified.

Eggless Mayonnaise.

Two tablespoonfuls of evaporated milk, half teaspoonful of salt, quarter teaspoonful of paprika, half cup olive oil and one tablespoonful of vinegar or lemon juice. Mix salt and paprika in the bowl, then add the evaporated milk and mix thoroughly. Add the oil slowly as in any mayonnaise, stirring constantly. The vinegar or lemon juice is mixed in when the oil has been used. If too thick stir in a little more evaporated milk.

French Dressing.

Ingredients: One-half level teaspoonful salt, one-fourth teaspoonful white pepper, one tablespoonful vinegar or lemon juice, four tablespoonfuls olive oil. **Time:** Preparation, five minutes. **Number served:** Four persons. Add the oil to the salt and pepper; mix well. Add the vinegar, or lemon juice, beat until thoroughly emulsified. This may be easily and quickly done by shaking in a bottle, and many prefer to do it this way. Chopped chives or a few drops of onion juice or Worcestershire sauce may be added if desired.

Dressing the dinner salad at the table is a pretty custom frequently carried out in many homes. When practical, this is advisable, as it usually insures a delicious salad. A salad tray kept in readiness, and fitted with a small bowl for the dressing, two or three jolly little jugs—one for oil and one for vinegar or lemon juice, an odd little pitcher for the favorite flavoring and a little salt and pepper shaker is a very nice convenience. Of course the meat or fish salads cannot be dressed at the table. These are at their best when seasoned with the French dressing and put in a cold place for several hours, and the mayonnaise added just before serving time.

Pineapple Dressing.

Ingredients: Six tablespoonfuls pineapple juice, three level tablespoonfuls granulated sugar, one level tablespoonful butter, two eggs, beaten, one level tablespoonful cornstarch. **Time:** Preparation, fifteen minutes. **Number served:** Four or six persons. Mix all ingredients carefully together, and cook over boiling water, stirring constantly, until the mixture is smooth and begins to thicken. At serving time, add three-fourths cupful of cream, whipped. To be used with a fruit salad.

Dressing for Fruit Salad.

One-third of mayonnaise, two-thirds sweet whipped cream; flavor with tarragon vinegar, lemon juice, paprika and very little mustard.

Salad Dressing—Cuba Style.

Make a French dressing by using half part olive oil, half part vinegar, salt, white pepper, one dash of paprika, one tablespoonful tarragon vinegar, two teaspoonfuls tomato catsup, one green pepper and one Pimento, chopped fine. Mix all well together.

Cooked Dressing.

Ingredients: One-half level teaspoonful salt, one-fourth level teaspoonful paprika, one level tablespoonful cornstarch, one-half cupful cream, one egg yolk, three teaspoonfuls tarragon vinegar, or two tablespoonfuls lemon juice. **Time:** Preparation, ten minutes. **Number served:** Four persons. Mix the cornstarch with the cream; add seasoning; cook over boiling water until the mixture thickens, stirring constantly. Add the egg yolk, slightly beaten, and cook a moment longer. Remove from fire, add vinegar, mix well, cool, and it is ready to use. If it is impossible to get cream, use milk, and add one teaspoonful melted butter after dressing is cooked.

Cream Mayonnaise.

To a quantity of stiff mayonnaise, add an equal quantity—or less—of whipped cream. This dressing should be used the day it is made, and kept in the refrigerator until it is ready to be served. Excellent for chicken, Waldorf or nut salad.

Roquefort Dressing.

Mash a small quantity of Roquefort cheese and stir through a well-made French dressing. Serve on lettuce hearts.

Russian Dressing.

To one cupful mayonnaise, add one tablespoonful, or more, of tomato catsup and nine olives finely chopped. For a fruit dressing you leave out mustard and paprika and use whipped cream.

Salad—Southern Fashion.

Cut in square dice, the same amount of apples, celery and grapes; season with salt, pepper and mayonnaise. Serve in banana peel and sprinkle a tiny bit of paprika on top.

Combination of All Vegetables—Frozen Salad.

Two cans or nine fresh tomatoes, one stalk of celery, one large cucumber, one green pepper, one tablespoonful grated onion, one tablespoonful Worcestershire sauce, one teaspoonful horseradish, one cupful of whipped cream; freeze in mold. Will serve sixteen persons.

Crab Meat Salad.

Use twice as much crab meat as celery. Cut the vegetable stalks into fine pieces and stir them into the mayonnaise. Break the meat into pieces of uniform size; heap it upon a bed of lettuce leaves and pour the dressing over the mound; serve cold.

Ham Salad.

Boil six pounds of ham till very tender; when cold, chop very fine. Mash the yolks of eight hard boiled eggs with two tablespoonfuls of mustard moistened with vinegar; then strain through a small wire sieve, into the ham. Mix and moisten with vinegar till right for a relish. Serve on lettuce, garnished with slices of lemon and egg.

Asparagus Loaf Salad.

Two tablespoonfuls butter, two tablespoonfuls flour, four eggs, one tablespoonful gelatine, juice of one lemon, salt, pepper and paprika, one can asparagus, one pint of whipped cream.

Tempting Salads.

Cold baked beans make a splendid salad. Place in a bowl some sliced onion, turn in the cold beans and mix lightly. Season with pepper or paprika, olive oil or cottonseed oil, a little sugar and vinegar to taste. Garnish with sliced hard-boiled eggs and serve on lettuce leaves or any salad green. Lentils also make a good salad. To a cup add a small onion and a small sweet pepper (fresh or canned) chopped fine; salt and pepper to taste and serve with mayonnaise.

Nicest Heavenly Hash.

Slice six oranges, one pineapple, six bananas. Lay the bananas in a bowl, sprinkle with sugar and chopped nuts; next, put a layer of oranges, sugar them and cover with nuts, then pineapple, sugared, more nuts; finally, a layer of oranges and strawberries mixed together lightly. Cover all with a thick coating of whipped cream, garnish with candied cherries and set on the ice.

Grapefruit Salad.

Use grapefruit, prepared, one cup of celery, cut fine, and one bottle of stuffed olives and pour over all an oil dressing.

Holiday Supper Salad.

Frequently for the supper served after the Thanksgiving dinner, something novel and dainty is desired and the following apricot salad will be found excellent for such an occasion. Drain thoroughly a can of apricots, chill on the ice and arrange individual portions in nests of crisp lettuce leaves. Prepare the dressing by beating until light the yolks of four eggs, add four tablespoonfuls of vinegar, one tablespoonful of sugar, one teaspoonful of salt, one scant teaspoonful of dry mustard and a few grains of paprika. Turn the ingredients into the upper part of the double boiler and cook, stirring constantly (over hot water) until well thickened. Remove from the fire, mix in twelve finely chopped marshmallows, allow the mixture to cool. Just previous to serving, fold one cupful of double cream whipped solid, and half a cupful of chopped pecan meats. Pour a large spoonful of the dressing over each portion. This quantity of salad should serve about twelve persons.

Chicken Salad.

Cut meat from boiled fowl into dice. Do not chop meat or celery. To two cups of chicken allow one cup of crisp, tender celery cut into quarter-inch lengths. Mix to season with salt and white pepper. Stir in enough French dressing to moisten salad and set on ice. Serve in lettuce-lined bowl and pour mayonnaise dressing over all.

Frozen Salad.

Three cakes Philadelphia cream cheese, three pimentos (shredded), one small cup nuts, one small cup celery, one pint whipped cream, unflavored and unsweetened, two table-spoons mayonnaise. Freeze and garnish.

Supper Salad.

Take two sour pickles and two hard boiled eggs, chop very fine and add the contents of a small can of potted ham. Mix well, moisten very slightly with mayonnaise dressing and serve in individual portions on nests of crisp lettuce leaves. Pour over each portion a little of the dressing and garnish with a bit of parsley and slices of small stuffed olives.

Fruit and Vegetable Salad.

Combine celery, apples, grapefruit and bananas and use a boiled dressing, mixed with whipped cream.

Cucumber Salad.

Peel and slice six good-sized cucumbers; sprinkle salt over them and let them stand for one hour, then put in colander and drain off salt water; cut one slice of bacon into dice, then render out the fat, add one cup of vinegar; cut one small onion and add to the salad.

Romaine Salad.

Two heads of lettuce, one bunch of watercress, eight French radishes, two olives, eight hard boiled eggs. Cut the radishes and olives in small pieces, grate the yolks of the eggs and chop the white; add a few bits of pickle beet. Toss all up lightly and serve on the lettuce leaves with an oil or cream dressing.

Macedoine Fruit Salad.

One dozen large white grapes, one dozen large red grapes, two bananas, three large Bartlet pears, three small sweet oranges, and a dozen English walnut meats. Cut the grapes in half, removing the seeds; slice the bananas rather thin; cut oranges into dice; slice the pears lengthwise, removing skins, seeds and cores. Serve in crisp lettuce cups with fruit salad dressing and decorate with the walnut meats.

Grape Salad.

Seed two pounds of malaga grapes, add the same quantity of celery cut in small pieces with the scissors, and about two cups of pecans; place on lettuce leaves and pour over a mayonnaise dressing. This will serve twelve persons.

Tomato and Watercress Salad.

Peel and chill large tomatoes, cut in slices one-third inch thick, and slice in strips one-third inch wide. Arrange on a flat dish to represent lattice work and fill in the spaces with watercress. Serve with French dressing.

Celery Mayonnaise.

Cut the white stalks of celery into small pieces. Dust lightly with salt and pepper. Just before serving mix it with the dressing and garnish with white tips of the celery.

Nut and Celery Salad.

One and one-half pints of shelled walnuts, one quart of finely cut celery and one pint of mayonnaise. Put the nuts in a saucepan, add one teaspoonful of salt, one-half an onion sliced, two blades of mace and two bay leaves. Cover with boiling water and cook ten minutes. Drain, remove the seasonings and drop into a bowl of iced water until ready for use, then drain and dry in a towel, mix with the celery, season with salt and pepper and add three-fourths of the dressing, reserving the remainder for garnishing.

Tomato Jelly Salad.

Stew enough ripe tomatoes to make one quart or use a quart of the best canned goods. Season with one teaspoonful of salt and sugar each, one bay leaf, two whole cloves, two or three drops of Tabasco sauce, one-half of an onion chopped fine or a teaspoonful of onion juice. Dissolve enough plain gelatine to make one quart of jelly and add to tomatoes while hot. Turn into a mold until set. When cold cut up into little squares and serve on crisp lettuce leaves with mayonnaise dressing. Or the jelly may be formed into fancy individual molds and served on lettuce leaves with mayonnaise.

Jelly Salad.

Soak one tablespoonful of gelatine in one-third of a cupful of cold water for five minutes. Place in a saucepan three-quarters of a cupful of cold water and one-quarter of a cupful of vinegar, bring to a boil and add the gelatine, one tablespoonful of sugar and one-quarter of a teaspoonful of salt. Stir until the gelatine is dissolved, then remove from the fire and set aside until it begins to jell. Mix in one small cupful of finely chopped celery, one-third of a cupful of English walnuts and one tablespoonful of chopped pimientos. Have in readiness four green peppers that have been cut in halves and from which the seeds have been removed, fill with the jelly mixture, pressing it in firmly, and set in the ice box to chill and harden. When ready to serve the salad, cut in slices and arrange them on a bed of crisp lettuce leaves. Garnish with spoonfuls of mayonnaise dressing and plumes of curled celery.

Serving Tomatoes.

Take tomatoes of a size and remove seeds and skins, fill the cavity with chopped celery and cucumbers, mixed with a salad dressing. Serve on a lettuce leaf.

Stuffed Celery.

Allow three stalks of celery to each guest. Select tender, crisp stalks, with a deep groove on the under or heart side. Wash thoroughly and wipe dry with a clean piece of cheesecloth. Then take one Neufchatel cheese and mash fine. Add to this four tablespoonfuls of thick cream and two tablespoonfuls of mayonnaise and beat up lightly with a fork. Fill the groove in the celery with the prepared filling and round it up nicely. Set on ice until needed.

German Potato Salad.

Pare and boil in salted water about six potatoes. When done, but while still hot, cut into dice and add a dressing made as follows: Cut up about a third of a pound of bacon into small bits, fry until crisp, and add four tablespoons of vinegar, salt, black pepper, two teaspoonfuls of minced parsley, and one onion cut very fine. Serve in a bowl lined with shredded lettuce.

Celery and Pepper Canapes.

Take two tablespoons of finely minced green peppers, two tablespoons of finely minced celery, mixed together with three tablespoons of highly seasoned mayonnaise dressing. Spread on toasted triangles of bread.

Coffee Jelly.

One-half cup sugar, one pint hot coffee, one-half cup of cold water, one-half box of gelatine. Cover the gelatine with cold water, let it soak a half hour. Add the sugar to the hot coffee, stir until dissolved, pour it over the gelatine, strain it in a mould, and stand aside to harden. Delicious served plain or with cream.

Shrimp Salad.

If shrimp are large, cut in half. Season well with salt and pepper, then mix well with crisp celery, chopped fine with a very little onion. Heap in salad dish, cover with a good mayonnaise and garnish with sliced hard-boiled eggs, sliced lemon, sliced beets and celery tips.

Pineapple Salad.

Take three slices of pineapple and one canned red pepper. Cut both into strips. Place on ice until just before serving. Then place the pineapple and the red pepper on heart leaves of lettuce, and partially cover with cream mayonnaise.

Salad Astoria.

This is the successor of the Waldorf salad, and like the long-popular relish, is the invention of "Oscar," of the Waldorf-Astoria Hotel. It is at once a decoration for the luncheon table and a delicious morsel. Split a head of romaine salad lengthwise—after discarding the tough outer leaves. Lay a half of the romaine heart on a plate—the cut surface up. Have ready quarters or sections, pared and cored or seeded, of oranges, grapefruit and Barlett pears. Lay these close together, almost overlapping on the romaine, and finish off at each end with half a pickled walnut. Decorate the top of the fruit with thin strips of green and red peppers arranged to imitate baby ribbons. Pour over this French dressing and serve ice cold. Firm canned pears may be substituted for fresh ones.

Pineapple Salad.

One can pineapple, one scant cup sugar, mereschino cherries, nuts, oranges and grapes. Boil lemon juice and sugar and pineapple juice until thick. Dissolve gelatine and then add rest of fruit and mold. Dressing: Two eggs, beaten light, juice of one lemon; boil until thick in double boiler; add paprika and then half as much whipped cream.

Delicious Salad.

Boil one cup of red kidney beans in salted water until tender. Drain and add a cup of English walnuts, slightly broken, one cup of celery cut up fine and about six olives, also minced. Mix all well together and serve on a bed of lettuce with a mayonnaise dressing.

Chestnut Salad, No. 1.

Boil and blanch the chestnuts, cook them until tender in boiling water, take them out, throw into cold water, drain and dry in a soft cloth. Arrange them on lettuce, pour over them a French dressing, and serve.

Waldorf Salad.

Cut up enough celery to make two cupfuls, and enough firm apples, peeled, to make a large cupful, when cut into dice of uniform size. Mix well, add a dozen English walnut meats, blanched and chopped, and moisten all with mayonnaise dressing. Line a chilled bowl with crisp lettuce leaves, fill with the apple and celery and nut mixture and cover with mayonnaise.

Chestnut Salad, No. 2.

Prepare the chestnuts as before directed, cut each one in two and cover them with the grated rind of an orange. Arrange on lettuce leaves, garnish with sliced orange, and serve with mayonnaise dressing.

Nut Salad.

One cup chopped apples, one cup chopped celery, one cup chopped walnuts; mix well. Hollow out red apples and fill with the mixture, pouring mayonnaise dressing over it.

Alsatian Salad.

Arrange the usual bed of lettuce. Cook three frankfurter sausages for a few minutes in boiling water. Chill these and cut into very thin slices. Slice four medium-sized cold potatoes, and one small white onion, half a dozen firm pickles and stir this mixture lightly with four tablespoons of French dressing. Serve on the bed of lettuce leaves.

Fruit Salad.

Peel and cut into dice a small pineapple, three oranges, one cocanut and six bananas. Add nuts, if desired. Sweeten to taste and mix well. Set in the ice, and when ready to serve, put on each portion a great spoonful of sweetened whipped cream.

Sardine Salad.

This is a delicious luncheon or tea dish. Remove the skin and bones from six big sardines and cut into tiny pieces. Place these in a salad bowl with six cold-boiled eggs cut in quarters, and one big firm apple cut into strips, and three cold boiled potatoes cut into dice. If you like the flavor, add half a teaspoon of finely chopped chives, and then four tablespoons of French dressing. Serve very cold.

Fruit Salad.

Put into "individual" cups three strawberries to each, canned or fresh; some grated pineapple, a teaspoonful of orange pulp and the same of grapefruit; a very little syrup from preserved ginger; a teaspoonful of lemon juice, one of raspberry juice, a little sugar and fill up the cup with maraschino cherries. Set in ice until very cold. Eat from the cups.

Attractive Fruit Salads.

An exceptionally attractive fruit salad may be made of three oranges, three bananas, one medium-sized ripe pineapple (canned pineapple may be used), one head of curled lettuce and one gill of mayonnaise dressing. Wash the lettuce, then arrange for individual serving. Peel and dice the oranges; peel the bananas and cut crosswise into thin slices; peel the pineapple, cut first into thin slices, then into small sections. Heap the mixed fruit in the lettuce cups, dress with mayonnaise and garnish with English walnut meats. Another recipe calls for the same quantity of fruit as the first, and prepared in the same manner, but neither lettuce nor mayonnaise is used. Instead, after the fruit is mixed, add three tablespoonfuls of granulated sugar and the juice of one lemon. Stir gently and stand in a cold place fifteen minutes. Then half fill stem glasses with shaved ice; on this heap the fruit mixture, garnish with walnut meats and serve at once.

A still more novel salad can be made by arranging some crisp sprigs of watercress on a plate, and on these laying a thick slice cut from the circumference of an orange or small grapefruit. Dress this with oil and lemon juice. Or, on the circlet of these fruits put two or three walnut meats and serve with French dressing. Oranges, pears, white or hot-house grapes, and sliced bananas make a nice combination for a mayonnaise salad served on lettuce. Bits of canned pears may be used, when necessary, as a substitute for the fresh pears. Red grapes, walnut or pecan meats, with grapefruit and some sliced bananas, make excellent salads. With them, French dressing with nuts in it is usually preferred to mayonnaise.

Portuguese Salad.

Slice two medium-sized, firm cucumbers, one small Spanish onion, two medium-sized tomatoes, two sweet peppers and two sound apples, from which the cores have been removed. Mix in a salad bowl with four tablespoons of French dressing. Serve plain or on lettuce leaves, ice cold.

Mixed Fruits.

Every refrigerator has its quota of fresh fruit left-overs. Perhaps you have a bit of pineapple left from last night's dinner, either cut in blocks or shredded. With this mix banana, cut in dice, a few strawberries, and over all squeeze a goodly measure of orange juice. Serve very cold in glasses or sherbet cups.

A New Salad.

A new variation on the now famous Waldorf salad has been invented, where the apple is peeled, cored and cut in cross slices. One slice is laid upon a few lettuce leaves on each plate, and over it is put a layer of bar-le-duc and cream cheese, which has been put through a potato masher, while around the whole is arranged a circle of mayonnaise dressing. A prettier dish can hardly be imagined, and, by the way, the cheese is never so good as it is when used in this way or beaten up with a little whipped cream.

Salmon Salad.

Garnish salmon with cucumbers, tomatoes and lettuce; sprinkle with salt, pepper and paprika; add a few drops of chili vinegar, and slices of hard-boiled egg. Cover with this sauce: Yolks of three eggs, juice of a lemon, salt and red pepper, a pinch of grated nutmeg, three tablespoonfuls of butter and half a cupful of water. Stir over the fire until thick.

Debutante Salad.

Ingredients: One head lettuce, one bunch cress, one cupful chopped celery, one cupful diced, cooked tongue, one cupful diced, cooked chicken, twelve large pitted olives, cut in rings, French dressing; cream mayonnaise. Time: Preparation, forty minutes. Number served: Eight persons. Mix celery, tongue, chicken and olives. Season with French dressing; let stand in refrigerator until very cold. Just before serving add enough cream mayonnaise to well cover every particle of salad. Arrange on a bed of crisp cress and lettuce. A very dainty luncheon or reception salad.

Strawberry Salad.

Ingredients: One head chicory or escarole, one box large strawberries, six slices pineapple (canned), a few chopped pistachio nuts and cream mayonnaise. Time: Preparation, thirty minutes. Number served: Six persons. Wash chicory and crisp in ice water. Wash and hull berries; let stand in refrigerator until cold. Arrange chicory on individual plates, placing a slice of pineapple in the center of each. Cover pineapple with berries, top with cream mayonnaise, garnish with nuts. If berries are sour, sprinkle lightly with powdered sugar before placing in refrigerator. An excellent luncheon or supper salad.

Vanderbilt Salad.

Ingredients: Two small heads romaine, one grapefruit, one orange, one pear (fresh or canned), grapes or candied cherries to garnish, French dressing. **Time:** Preparation, twenty minutes. **Number served:** Four persons. Wash the romaine, remove the coarse outer leaves and cut each heart into two sections, lengthwise; crisp in ice water. Peel the grapefruit and orange, remove pulp in sections. Peel the pear, cut into thin slices, lengthwise. Arrange the prepared fruit neatly on the romaine hearts; garnish with a few grapes, or a candied cherry, as convenient. Pour over French dressing. Serve very cold. Use orange juice in place of vinegar for the dressing. A cream mayonnaise may be used if preferred. Served with crackers and cheese, this makes an excellent dessert salad.

Daisy Salad.

With a sharp knife cut rounds of cream or of Neufchatel cheese about a quarter of an inch thick, and lay each upon a crisp lettuce leaf. In the center of each round of cheese dispose a "heart" of finely powdered egg yolk, hard boiled and cold. (Rub it through a fine colander or put it through a vegetable press to get the powder.) Pour a French dressing on the leaf about the "daisy." Or you may simulate the flower by omitting the powdered egg and dropping a little mayonnaise upon the cheese.

American Salad.

Line a shallow salad bowl with crisped lettuce. In the center heap a mound of celery cut into tiny lengths; around this arrange a border of blood beets stewed tender and diced; then a border of cold boiled potatoes cut small, and outside of this one of carrots. Finish off with a garnish of pickled gherkins and dress the whole with mayonnaise.

Peach or Apricot Salad.

Pare and cut the fruit in halves, removing the stones. Fill each half with finely chopped nuts, pour over a little French dressing, put each two halves together again, and serve individually on small white lettuce leaves. This salad is also delicious with a sweet dressing made as follows: Beat the yolks of four eggs until thick and lemon-colored, beat in one small cupful of granulated sugar, and the strained juice of one lemon. Chill on ice before pouring it over the fruit.

Easy Chicken Salad.

Take a two-pound can of compressed chicken, remove the skin and cut the chicken into small dice. Add twice as much celery cut into small pieces. Salt to taste and marinate the whole with a mixture of three tablespoonfuls of vinegar to nine of oil. Have it cold, and just before serving pour over it the cream mayonnaise dressing. This quantity is enough for twenty-five persons.

Tomato Jelly.

Cover a half box of gelatine with a cup of cold water, and soak for an hour. Drain from a can of tomatoes all the juice; season this with a teaspoonful of onion juice, two teaspoonfuls of sugar, or more, if the tomatoes are very acid; a bay leaf and pepper and salt to taste. Bring all to a boil, and simmer for ten minutes, then add the soaked gelatine, and when this is dissolved, take the mixture from the fire and strain through a flannel jelly bag. Pour into a mold wet with cold water. Set in a cold place to form, and serve with lettuce and mayonnaise.

Variety Salad.

Cut malaga grapes lengthwise and remove the seeds. Add equal quantities each of diced apples, celery and pineapple, and one-fourth the quantity of chopped blanched almonds or English walnut meats. Add lemon juice to make slightly acid and make moist with cream mayonnaise dressing. Serve very cold in a bowl lined with crisp lettuce.

A combination of orange, grapefruit, pineapple and tangerine pulp in a single salad, is the invention of a well-known chef. This can be served either with the juice of the four fruits, without other addition, or with oil and lemon juice as a dressing. About two tablespoonfuls of the pulp are heaped up in the center of a nest of white lettuce leaves for each portion.

Manhattan Salad.

Dissolve one package lemon Jell-O in a pint of boiling water. While it is cooling, chop one cup tart apples, one cup of English walnuts, one cup celery, and season with salt. Mix these ingredients and pour over them the Jell-O. Cool in individual jelly moulds, and serve on crisp lettuce leaves with mayonnaise dressing.

Congeaed Fruit Salad.

One-half box of gelatine, one can of pineapple (juice heated), one can of cherries, one can of loganberries. Use the grapefruit drained. Add grated cucumber to double amount of cream of mayonnaise.

Asparagus Salad.

Place mammoth asparagus or asparagus tips on lettuce leaves and pour over it a cheese dressing.

Pineapple Salad.

Shredded pineapple on lettuce leaf with blanched almonds and mayonnaise.

Lobster Salad.

One can lobster and six hard boiled eggs, chopped fine; mix with mayonnaise.

Fruit Salad.

Pour sherry wine over bananas and pecans, and use powdered sugar.

Banana Salad.

Slice bananas, then add one-half cup of pecans and one cup of celery and pour over the following dressing: One-half teaspoon salt, one tablespoon sugar, two tablespoons of oil, a little white pepper and paprika and juice of one-half lemon.

Vegetable Salad.

Asparagus, peas and lettuce cut fine. Pour over all a mayonnaise dressing.

Cucumbers, beets and cauliflower served on a lettuce leaf with a boiled or olive oil dressing.

Cook green beans tender and let cool, then add spinach, sweet pepper and hard boiled eggs (whites chopped and riced and yolks sliced); serve on lettuce leaves with mayonnaise dressing.

Beet Salad.

Boil beets until tender, peel and slice; salt, pepper and sugar to taste. Boil vinegar and water and pour over. Shell some hard boiled eggs and put in; you can also add minced onion.

Herring Salad.

Soak smoked herring over night, then add four hard-boiled eggs, one cup of cold boiled potatoes and beets cut in dice, pickles and celery, one cup sugar, one-half pint red wine and vinegar, and salt and pepper to taste, finally adding one cup of cold veal cut in dice.

Vegetable Salad.

One pint peas, one pint string beans, three heads of shredded lettuce, one bunch of parsley and one onion chopped. Boil peas and beans until tender, then mix all together with a good salad dressing.

Pineapple and Cucumber Salad With Gelatine.

One and one-half packages of Knox gelatine dissolved in one cup of water, one can pineapple and three-fourths cup sugar, three-fourths cup lemon juice, one cup of water, one cucumber, cut in small pieces; one pinch salt. Boil and let congeal and serve with mayonnaise.

Pear Salad.

Place two halves of canned pears on lettuce leaf and garnish with Roquefort cheese and serve with a French dressing.

Asparagus Vinegarette.

Pour the following sauce over canned asparagus, or cooked and cold asparagus: One teaspoon each of chopped parsley and onion, four tablespoons of oil, one tablespoon of lemon juice, salt and pepper. To be served on lettuce leaf.

German Salad Dressing.

(To be used over cabbage, cucumbers, cold boiled potatoes.)

Cut breakfast bacon in small pieces and fry, then add vinegar, one teaspoon sugar, one teaspoon flour, one teaspoon grated onion and two teaspoons of finely chopped parsley, and salt and pepper to taste. Have cabbage shredded and soaked in hot water and a little salt. Have cucumbers sliced thin and soaked in salt and water and wrung out.

Potato Salad.

Small onions sliced, and cold boiled potatoes, over which pour the simple dressing.

American Beauty Salad.

Soak one ounce of gelatine one-half hour in water; bring to a boil; one slice of onion, one bay leaf, one-half teaspoon celery seed in one pint of cold water. Add one-half cup of stock, two tablespoons lemon juice, salt and pepper; add gelatine and strain. Fill half of individual molds with cooked beet, turnip and potato cubes; fill up with jelly colored red with vegetable coloring; garnish with green, and serve with mayonnaise.

Fruit Salad.

Two oranges, two bananas, one handful of grated cocoanut, juice of one lemon, one and one-half cups of powdered sugar. Mix all together and serve plain or with the following recipe.

Gelatine Salad.

One box of gelatine dissolved in one pint of cold water, then add one quart of boiling water, sugar to taste and lemon flavoring. Pour over salad, put in mold and let stand to cool.

Simple Dressing.

One tablespoonful of flour, one teaspoonful of mustard, one teaspoonful of sugar, rubbed smooth with one-half cup sweet milk. Into this stir one well-beaten egg and one cup vinegar and small piece of butter, salt to taste. Set in pan of hot water, stir constantly until consistency of thick cream. When cold use for any kind of salad.

Chicken Salad.

Two chickens chopped coarse; eight heads of celery, three eggs, one pint of vinegar, one tablespoonful flour, one tablespoonful sugar; rub the yolks of the eggs to a fine powder, then add the salt, mustard and oil, mixing well together, then add raw eggs.

Dressing for Cold Slaw.

To the well-beaten yolk of one egg add a little milk, two or three tablespoonfuls of vinegar, a small piece of butter. Stir it over the fire until it comes to a boil.

SANDWICHES, ENTREES AND MISCELLANEOUS

It is the bounty of nature that we live; but of philosophy that we live well.—Seneca.

All About Sandwiches.

All women agree that sandwiches are the best thing you could possibly serve at parties. They are appropriate for any time of day or for any season, accompanied by tea or coffee or by the cooling drinks of summer, but most women think sandwich making is a long, slow job, and unless they have a maid competent to turn out the "party" style of sandwich, thin, dainty and appetizing to behold, they are likely to decide on some other form of refreshment.

Sandwich making is not a hard job, even for a large number of guests, if you systematize the work a little. Do everything possible the day before. Decide exactly what fillings you are going to use and have them ready. Several delicious fillings will be given below, all of which are better for standing overnight. Then order your bread the day before, and have it sliced at the grocery and delivered the day you are to use it. All dealers will slice your loaves if you give them sufficient warning. Select a firm, close-grained bread. A square loaf wastes less than one with a rounding top crust. It is sometimes better to have the bread sliced lengthwise of the loaf. This depends on the size you are going to cut your sandwiches. It is often possible to get three or four sandwiches out of a lengthwise cut, thus saving time, as you can spread a whole lengthwise slice at once, put the next slice on top, and it is ready to cut into as many sandwiches as you propose to make of it.

Have Butter Exactly Right.

Be sure to have your butter at a spreading consistency before beginning. Nothing is so exasperating as to attempt to work with hard butter. It tears the bread and ruins your disposition. Let the butter stand in the warm kitchen for an hour or two; do not attempt to soften it suddenly over the stove or over hot water; it will melt and run on the outside and the inside will be as hard as ever. Allow plenty of butter. Good sandwiches require a great deal of butter,

and it is very annoying to have to stop in the middle of the task and wait for more butter to soften.

Two people working together can make a hundred sandwiches very quickly. Let one spread the butter and pass each buttered pair of slices to the next one, who spreads the filling. Fit them together as fast as they are filled, and heap under a moist napkin to keep them fresh. When all are spread cut them in the desired shapes and sizes. If you have two or three varieties of sandwiches it is a good plan to cut all of one kind in one shape, the others different shapes, so as to be able to tell them apart. Round sandwiches are very popular; long, narrow ones are attractive for variety, and all kinds of shapes may be made by using the sandwich cutters on sale in the shops. There are hearts and crescents, diamonds, clubs, spades, etc. These fancy shapes are sometimes very wasteful, but if you have a family ready and waiting to eat the fragments that come from the fancy shapes you need not worry about that. Be sure that the cutters are sharp, to give nice edges.

How to Designate.

If you prefer to have all your sandwiches one shape and still wish to designate different kinds, you may place half an English walnut on one kind, dipping it lightly in a bit of mayonnaise and pressing it into the middle of the sandwich, or a thin slice of pimento or a tiny sprig of parsley may be used to decorate other varieties. If you are using Graham bread for one variety there will be no difficulty about distinguishing that style.

Sandwiches may be made several hours before used if they are packed in tin boxes with layers of paraffine paper or piled in a roasting pan, covered with a napkin slightly damp and kept in a cool place. Some people advocate placing them in the refrigerator, but this tends to make the filling firm and the bread rather soggy. Any cool, moist place will do if they are tightly covered.

In serving, pile them on sandwich plates garnished with lettuce or parsley. If they have decorated tops do not pile them on top of each other; let them overlap. This makes a very attractive tray.

A Few Sandwich Fillings.

1. Chop fine a cup of cold boiled ham and two cups of cold boiled or roast chicken, make to a paste with mayonnaise dressing and spread on buttered white or graham

bread. Chicken and tongue sandwiches may be prepared by using the meat in the same proportions.

2. Rub cream cheese to a paste with sweet cream and spread it on white bread. Lay on each slice a leaf of lettuce which has been dipped in French dressing. Place over it a slice of buttered bread, either white or brown.

3. Prepare cheese as above directed and add to each cheese a half cupful of chopped nuts. Salt to taste. Or you may use minced watercress with the cheese instead of nuts.

4. Boil half a dozen eggs, putting them on in cold water. Cook for fifteen minutes after the water reaches the boiling point. Rub the yolks to a powder and stir into them two teaspoonfuls of fish paste or potted ham or tongue, and reduce with melted butter to the consistency of soft cheese. Chop the whites fine; mix with this and spread all on thin bread and butter.

5. Lobster or crab sandwiches are very good and are made by mincing the meat fine and making it to a paste with mayonnaise. Spread on thin white buttered bread.

6. Plain egg sandwiches may be made by chopping hard-boiled eggs fine, the whites and the yolks together, softening with melted butter to a paste, seasoning with salt, pepper, onion juice and a little dry mustard, and spreading on bread. Sardine sandwiches may be made like the lobster or crab sandwiches.

7. Delicious sweet sandwiches are prepared by mixing good jam with cream cheese, softening to a paste with cream and spreading on thin white bread. Jelly sandwiches may be made in the same way, or the jelly may be spread on buttered bread.

Sandwiches With Mayonnaise.

In all salad sandwiches, that is, sandwiches to be put together with mayonnaise dressing, have the dressing ready the day before, let it be kept covered in the ice box, and add a cup of whipped cream before spreading. It is the addition of whipped cream to sandwiches that makes them really melt in your mouth. With a bowl of good mayonnaise any number of combinations may be effected. Chopped celery, or thin slices of cucumber, nuts, thin tomato slices or crisp lettuce may be used with the mayonnaise to make delicious sandwiches. Chicken salad sandwiches have never yet yielded first place in the list of "party eats." Nothing in the world is as good as good chicken salad, the meat cut very fine, with plenty of nuts and celery, as a sandwich filling.

Cucumber and Cheese Sandwiches.

Break up two cakes of cream cheese, rub to a smooth paste with a little cream or olive oil, season with half a grated onion, salt, paprika or a little dash of cayenne pepper. Grate a medium-sized cucumber and drain off part of the juice, as it may be too much. Beat the grated cucumber into the cheese mixture, using the filling to thin. If it is to stand overnight in the ice box it will thicken up a good deal. The best way to season sandwich filling is by the taste. If desired, add more onion or a teaspoonful of Worcestershire sauce or a little Roquefort cheese rubbed smooth. The filling may be a little over-seasoned, for when ready to use it you are to add a cupful of unseasoned whipped cream, whipped very stiff. This is added just before spreading. Do not be stingy with your filing. Nothing is so disappointing as skimpy sandwiches.

Pimento Sandwiches.

With cream cheese for a basis you can make an unending variety of sandwich fillings. For pimento sandwiches proceed exactly as for the cucumber sandwiches, adding chopped pimentos instead of cucumber. A little chopped celery is a pleasant addition, and chopped nuts are good in almost any kind of sandwich filling. Do not omit the onion in cream cheese sandwiches. Even people who think they hate onions would find a sandwich flat without it. You may use a little garlic judiciously. Rub a few garlic corns on the inside of the bowl before mixing, break them up and rub with the back of your mixing spoon, then remove them from the bowl and add other ingredients.

Sandwich Jambon.

Spread thin slices of bread with finely minced ham, then put on a very thin slice of American dairy cheese, or, if a strong cheese is liked, use an imported Swiss cheese. Put on the top slice of bread and saute in butter on both sides until cheese is soft, or they may be baked in the oven or toasted under a gas broiler.

Anchovy Cheese Sandwiches.

To one cottage cheese add two teaspoons of anchovy essence, one teaspoon of paprika and two tablespoons of chopped parsley. Spread between slices of entire wheat bread.

Cheese and English Walnut Sandwiches.

One cake Neufachtel cheese; add sufficient creamed butter or olive oil to enable you to spread it like butter, season lightly with salt and cayenne pepper; add one-half cup chopped English walnuts. Mix thoroughly and spread over thin slices of bread, cover with another slice and cut in fancy shapes.

Cream Sandwich Filling.

One cup sweet milk, one tablespoon flour, one-half pound cream cheese, one can pimento, one dash of pepper, and heat until creamy, then spread on a whole loaf of bread that has crust removed and is cut through the center; then slice.

Lettuce Sandwiches.

Butter thin slices of bread and lay between them in sandwich form crisp leaves of heart lettuce which have been dipped in mayonnaise dressing. One leaf of lettuce suffices for each sandwich.

Nasturtium Sandwiches.

Substitute for the lettuce leaves petals of nasturtium flowers dipped in French dressing. This is a piquant and appetizing sandwich.

Peanut Sandwich.

Chop the meats very fine, or put through a coffee mill, salt to taste and add a little sherry or port wine to make a thick paste. This is much better than the peanut butter, which can be purchased already prepared.

Club Sandwiches.

Cut the bread one-half inch thick, toast a delicate brown and butter it slightly. Lay thin slices of chicken on the toast, then a crisp leaf of lettuce, a few strips of very thin broiled bacon, and a little mayonnaise dressing. Cover with another slice of toast, and serve at once.

New Sandwiches.

Philadelphia cream cheese mixed with cucumber and onion (which has marinated for an hour or more) and French dressing.

Cream Cheese and Sweet Pepper Sandwiches.

Scald the peppers to take off the biting taste, and drain them. Lay on the ice for some hours. Wipe and mince. Mix two-thirds cream cheese and one-third peppers into a smooth paste. Spread upon lightly buttered bread and put together in sandwich form.

Toasted Sandwiches.

Cut slices of white or of graham bread thin, butter lightly, and spread one with cream cheese. Press the two slices firmly together and toast the outside of each before a quick fire. Send to table wrapped in a napkin.

Fruit Meat for Lunch Box.

Mix together half a pound each of seedless raisins, stoned dates, pitted prunes and figs, a quarter of a pound each of almonds and Brazil nuts, and a pound of pecan meats. Put them through the meat chopper, add the juice of two oranges and knead the mixture well, pack in cans and slice down, using as a sandwich filling or in place of cold meat.

Ham and Olive Sandwich.

One cup chopped ham, six olives, chopped fine, one tablespoon butter, one teaspoon mustard, one teaspoon of vinegar, one teaspoon minced parsley. Mix all to a paste and spread between thin slices of white or rye bread.

Ham and Celery Sandwich.

One pint ground ham, two stalks of celery and two teaspoons mayonnaise. Spread on thin slices of white bread.

Neufchatel Cheese Sandwich.

One cake cheese, ten olives and three tablespoons tomato catsup. Mash cheese until smooth, add olives (chopped), moisten with catsup and spread between slices of buttered bread.

Nut Bread Sandwich.

(My own recipe.)

Cut nut bread in thin slices and spread with paste made as follows: Mix some jam with cream cheese and soften with cream.

A Tasty Cheese Spread.

This can be used as a sandwich filling, spread on crackers or made into small balls and served with crisp lettuce as a salad course. It is excellent to have on hand for emergency hospitality, as it keeps for weeks, if stored in a cool place. To make it, take half a pound of American cheese, half a pound of Swiss cheese, one piece of cream cheese, one-quarter of a pound of butter, one teaspoonful of mustard, one small bunch of parsley, pepper and salt to taste and sufficient tomato catsup to moisten—about a small cupful of the catsup is what I use. Put the cheese through the meat grinder; then cream thoroughly, and add the other ingredients. Chopped nut meats or pimento may also be added if desired.

English Walnut Sandwich.

Blanch and chop one cup walnuts and then add one-third cup of cream cheese. Rub well together and spread.

Onion Sandwich.

Bermuda onions make a nice sandwich. Slice and place between thin slices of buttered white or rye bread; you can add mayonnaise.

Toasted Cheese on Bread.

(My own recipe.)

Butter thin slices of bread and lay on top of each a thin slice of New York cream cheese and toast in oven.

Cracker Sandwich.

Take a saltine cracker and spread snappy cheese and put stuffed olive on top.

Garden Sandwiches.

Chop tomatoes and cucumbers in chopper; add enough Philadelphia cream cheese to make a paste and put between thin slices of white bread.

Spanish Eggs.

Mince two onions fine, also a piece of bacon, cut up a can of pimento fine, brown all in butter, add enough beaten eggs for family, salt and pepper. Stir till creamery. Serve at once.

Cheese Balls.

Cheese balls are delicious when served hot with salad. They call for one cup dry cheese, grated; three drops of Worcestershire sauce, whites of two eggs, well beaten; pinch of salt. Mold into soft balls, roll in bread crumbs, fill wire basket and cook in hot lard until brown. Cheese cakes to be used for the same purpose are made as follows: One cup flour, pinch of cayenne. Mix with melted butter, roll out as thin as pastry, cut in round cakes and bake in quick oven a light brown.

Lamb With Border of Peas.

Thicken one cup of meat stock with one tablespoon of flour. Add one tablespoon of butter and salt and pepper to season. Then add one cup of cooked lamb cut in small pieces and simmer three minutes. Drain canned peas of their liquid, reheat in a little milk and add one heaping teaspoon of butter, one-fourth teaspoon of salt and a dash of pepper for each cupful. Heap the lamb in the center of a dish, and make a border of the peas around the lamb. Sprinkle with one tablespoon of chopped parsley.

Cheese Canapes.

Cut stale bread half an inch thick into crescent shapes, dip each piece into melted butter, roll in grated parmesan cheese, and cover one side of the bread with grated cheese and chopped ham, mixed in equal parts. Set the canapes in the oven, brown lightly and serve.

Cheese Espinol.

One pound cottage or full cream cheese, one bunch tiny new onions with green tops, one can red pimento and small bunch parsley, mince all fine, with salt and pepper to taste and two tablespoonfuls of cream. Mold with hands, serve cold.

Pice Pilaff.

Boil together one cup of rice, two cups of stock, one-half cup tomato pulp, add two tablespoons butter, one teaspoon salt, one-fourth teaspoon paprika and one teaspoon curry. Press in buttered mold, turn out on bed of parsley, garnish with stars cut from Spanish peppers with a vegetable cutter. Serve hot.

Baked Potatoes With Cheese.

Here are two ways of giving zest to the regulation potato recipes: Cream cold boiled potatoes in the usual manner. Place in a dish and cover well with grated cheese. Dot with butter and brown in the oven. Select potatoes of uniform size and bake. When done cut the skin lengthwise of the potato, remove some of the inside and crowd grated cheese into the cavity. Cover the opening with white of egg and brown. Cheese souffle is an extremely dainty luncheon or supper dish. It is also used as an entree for dinner. Have ready a quarter of a pound of rich American cheese grated. Put a pint of milk into a double boiler or into a thick pan where it will not burn. Stir in a quart of stale bread crumbs. Beat until the mixture is smooth. Now add the cheese. Cook for a minute, no longer. Season with a dash of cayenne and a little salt. Remove from the fire and add the yolks of four eggs, mix lightly and stir in the well-beaten whites. Pour into a stoneware baking dish and bake ten minutes in a quick oven. Serve directly it is removed from the oven, from the dish in which it was baked.

Cheese Souffle.

This is delicate and appetizing and easily made if care is used in the baking. It should not enter the oven till the first course is served and will then be light, puffy and golden brown when served. Like all souffles it cannot stand without falling. The hot oven from which the turkey is taken should be just right for a souffle. Crumb the center of a stale loaf, using two cupfuls. Boil the bread and half a pint of milk until creamy. Add four tablespoons of melted butter, two cups of grated cheese, one-third of a teaspoon of mustard, salt and pepper. Stir over the fire for one minute. Remove and add the well-beaten yolks of three eggs. Last of all stir in the stiffly beaten whites with as few strokes as possible. Bake fifteen minutes, or till golden brown and lightly set. Individual ramekin dishes are best for this delightful entree. Butter the dishes.

Plain Omelet.

One ounce of butter and a pinch of salt to four eggs. Beat eggs and salt, but not too much as it destroys the appearance of omelet. Place butter in the pan and over a good fire, and melt quickly without allowing it to brown, turn the eggs in; as it cooks raise the edge with a knife, and press it slightly toward the center. The moment it is thickened fold.

Currie of Lamb.

Cook one-half cup of rice in three cups of water until the rice is tender and the water all absorbed; season with salt and pepper. Make a border of the rice around the edge of the platter, and fill the center with the currie. To make the currie: Two cups of chopped and cooked lamb, make a sauce of two tablespoons each of butter and flour, and two cups of broth. The broth is made from the trimmings and left-over pieces of the lamb. Adding one teaspoon of the currie powder, two tablespoons of lemon juice, one tablespoon of finely chopped mint leaves, salt and pepper to taste. Heat the lamb in the sauce and garnish with pickled beets.

Fricassee Chicken With Dumplings.

Prepare the chicken as usual for fricassee, lay in a frying pan, cover with water, put the lid on the pan, boil the chicken until it is tender, and salt and pepper it to taste. Sift together one cupful of flour, one scant teaspoonful of baking powder, and a pinch of salt. Mix these with milk, and drop the mixture from a spoon on the chicken. Cover all closely in the frying pan, and boil for ten minutes. Mix a spoonful of flour with water until it is smooth, stir into the fricassee, and boil for five minutes.

Fish in a Snow Bank.

Beat mashed potatoes until they are light and foamy. Pile the beaten potato high upon a platter, and into it drop the contents of a can of sardines, allowing the heads or tails to protrude. Garnish with slices of lemon. An especial favorite with children.

Cheese Omelet.

Beat three eggs, yolks and whites separately. To the yolks add a tablespoonful of grated cheese and stir all together and cook until ready for turning. Add a little more cheese before folding and turn out into the dish you wish it to appear in.

Hot Tamales.

Make corn meal mush, thick, grind boiled meat and season to taste (a little garlic). Have corn shuck sealed and ready, spread with mush and put some of the meat in center. Roll and put in steamer and steam for one hour.

Orange Omelet.

Remove the skins from two oranges and cut into thin slices. Remove all seeds. Pour over it one teaspoonful of lemon juice and two tablespoonfuls of powdered sugar. Make an omelet and when it is ready to fold, lay half of the orange slices on it, fold and serve the rest around the completed omelet.

Paddy's Pigs.

Mix two cupfuls of finely chopped chicken with one cupful of mashed potatoes, a little celery salt and pepper, and a white sauce made of one-half a cupful of milk, one teaspoonful of flour, and a small piece of butter. Stir into this one egg, and roll all in very fine cracker crumbs. Shape into croquettes to resemble little roasted pigs, fry in deep fat, and sprinkle with grated cheese. Place strips of carrot for legs, a curly piece for a tail, and a round bit for an eye.

Creamed Sweetbreads.

One-half teaspoon salt, one pair sweetbreads, one pint brains, one cup button mushrooms, one lemon, two tablespoonfuls butter, one and one-half cups milk, one tablespoon flour, a dash of cayenne pepper. Soak brains and sweetbreads in cold water. Boil, adding lemon juice, salt and pepper. Make a sauce of butter and flour and add brains and sweetbreads. Fill ramekins or pate shells and sprinkle with powdered parsley.

Creamed Bacon.

Fry four slices of bacon until crisp. Separate into small pieces, and over them pour a white sauce, made as follows: To the fat from bacon add flour to thicken, and pour on this one pint of hot milk, stirring constantly to prevent lumps. Serve with baked potatoes, or old-fashioned Indian bannock.

Meat Souffle—a Company Dish.

Rub one heaping tablespoon of flour to a smooth paste with one heaping tablespoon of butter. Add one cup of milk, one-half teaspoon of salt and one-fourth teaspoon of pepper. Cook until thick. Then add the beaten yolks of four eggs, one cup of cooked chopped meat of any preferred kind and mix well. Fold in the whites of four eggs beaten to a stiff froth. Bake in buttered baking dish in a hot oven until puffed up and firm.

Chop Suey.

Scrape the meat from the bones of half a chicken, cut it into bits and fry brown in a little fat. Add a large onion, sliced, and cook for five minutes before stirring in a handful of dried mushrooms which have been soaked for ten minutes in water. Pour in enough Chinese sauce to cover the ingredients and make them brown, add water and stew for fifteen minutes. Put in a stalk of celery, cut up; six Chinese potatoes which have been washed and sliced, and after all have cooked for a few minutes, add some floured water to thicken the gravy. Cook until this is smooth, then serve with boiled rice.

Turkey Tetrizzini.

At a restaurant in New York city they serve a good and easy entree or main course. It is named after the famous singer, Tetrizzini. Small, thin slices of cooked turkey in a cream sauce to which some cooked spaghetti was added and a little grated cheese, also some very thin slices of mushrooms cut crossways. This was served in the dish in which it was cooked and some bread crumbs were browned over the top.

Mexican Rice.

Cook one-half cup of rice in one and one-half cups of water, until soft, season with one teaspoon of salt, one-fourth of a teaspoonful of pepper, and two tablespoonfuls of catsup. Chop one medium-sized onion and one green pepper fine, cook until soft in two tablespoonfuls of butter, then add to the rice. Serve hot.

American Chop Suey No. 2.

Break into a kettle one package of spaghetti, cover with salt water and boil. When almost tender add one-half can of tomatoes. Put some butter into a frying pan and fry three large sliced onions until brown. Add two pounds of beef run through the grinding machine. When all are well browned add spaghetti and tomatoes, boil for a few minutes and serve hot.

Chili Con Carni.

Have meat ground to fry in pan, season with garlic, red pepper and tomatoes and then add kidney beans (cooked tender) and pour over cooked macaroni or noodles.

Chili Con Carni.

Six peppers, ten cloves of garlic, one onion sliced fine. Cut about a quart of meat in small pieces, salt and pepper to taste, and flour it well. Make a slit in the large real Mexican pepper, shake out the seeds, and scald the rest till the pulp can be pressed through a sieve. Mash garlic in a mortar. Rub a good tablespoon of lard in a frying pan with the garlic. When of light yellow, skim out the garlic, and throw in the cut onion; in a moment after add the prepared meat, then the pepper pulp. Fry a little, and add water for the gravy, which should be sufficient to cover meat. This is a genuine Mexican dish. Chili powder may be used instead of peppers.

Chili Con Carni.

Cut a pound of round beefsteak into bits and put into a frying pan with hot dripping, a cup of boiling water and two tablespoonfuls of rice. Cover closely and cook steadily until tender. Remove the seeds and a part of the rind from two large red peppers, cover with water and garlic and thyme, then simmer until tender. Squeeze in the hand until the water is thick and red. If not thick enough add flour. Season to taste, make very hot and pour over the meat. Serve as hot as possible.

Green Peppers en Surprise.

Clean and empty the shells, soaking them half an hour in ice water. Prepare a salad filling. This may consist of mixed vegetables, such as cold string beans, cut in half-inch lengths, onion finely chopped, potatoes diced, carrots cut into slivers, all these cooked save the onion, and dressed with mayonnaise. Another delicious mixture is cold cooked crab meat, flaked and mixed with celery and mayonnaise, or the regulation cocktail dressing, Worcestershire, tabasco sauce, horseradish, tomato catsup and lemon juice mixed to taste.

Stuffed Green Peppers.

Wash and plunge into boiling water, simmering gently for five minutes. Drain and cut off the stem-end to remove the seeds and partitions of soft fiber inside, leaving bare shells. Wipe dry, and fill with minced sausage meat, flavored well with finely chopped onion, bread crumbs, parsley and a little lemon juice. Bake fifteen minutes, basting with melted butter, or, better still, soup stock.

Preparing for Sunday Night Teas.

The Sunday night tea is always a household problem in summer. Particularly is this true in the suburban or small town household where company is a foregone conclusion on Sunday night. Many dishes can be prepared in advance, and if no guests materialize they will be found very useful for lunch or tea on wash day.

A tasty side dish can be made of the soft cheese which comes in jars known as Imperial cheese. Put the contents of a small jar of the cheese in a bowl and rub smooth with mayonnaise dressing; or, if you have no dressing made, add a little paprika, mustard, vinegar or lemon juice and beat smooth. Roll into balls about an inch or an inch and a half in diameter with butter paddies. Serve with crisp crackers on a bed of small lettuce leaves, cress or parsley.

A salad which can be made Sunday morning, and will serve as a combination meat and vegetable dish, is this: Select medium-sized or small tomatoes, pour boiling water over them, peel off the outer skin and set away to chill. When quite firm, scoop out the center, leaving only the shell of the raw tomato. The heart of the tomato you can use some other time for flavoring soup or making sauce. Make a salad from mayonnaise dressing, hard-boiled eggs and any white meat you may have in the house, such as veal, lamb or chicken. If you have none of this cold meat at hand you can use finely chopped ham or tongue. Be liberal with the mayonnaise dressing and fill the tomato shells heaping full with the salad mixture, insert a sprig of parsley or cress in the top of each and serve on a crisp lettuce leaf.

If you are caught unawares with Sunday night guests and you have a can of sardines in the storeroom, you can quickly make a most attractive dish known as sardine canapes. Remove the skin and back bones from the sardines and place them in a bowl with an equal quantity of hard-boiled eggs chopped fine. Rub these together to a paste with a few drops of olive oil and enough lemon juice to sharpen the flavor. Set this aside, toast to a golden brown some bread cut in triangles, trim away the crust, spread one triangle with the sardine mixture and place another triangle over it. Dress with one whole boneless sardine on top of each. Serve on a paper doyley decorated with quarters of lemon and parsley.

You can make cups of bread, cut any shape. Hollow out center with scissors and fill with sweet bread croquettes and pour over them a white sauce. You can brown in oven if desired.

For the Invalid.

Hot water plates for invalids for serving food are now on sale in this country. The plate is really an ornamental pan with handles for lifting, and a spout for filling with hot water. Inside is fitted a serving plate for the food which has the temperature sustained by the heat from beneath. Prices vary according to material and size.

Albuminized Water: White of one egg, one-half cup of water, one teaspoonful lemon juice, one teaspoonful sugar. Place all ingredients in a bowl, beat until well-mixed, strain and serve.

Albuminized Milk: White of one egg, one-half cup of milk. Prepare as albuminized water.

Albuminized Orange Juice: Juice of one orange, white of one egg, one tablespoonful sugar. Prepare as albuminized water.

The time and manner of serving the food should be considered with great care. The invalid's tray should be covered with a spotless cloth and the food served in the daintiest china obtainable. The appearance of the food does much toward making it appetizing, and the appetite and digestion go hand in hand in illness. Then the food should be served with regularity, care being taken not to give food to a patient laboring under strong emotion, or fatigue, or in great pain. Have the hot foods hot and not luke-warm, the cold foods cold and served on cold plates. If the meal is one of more than one course, serve one course at a time and remove the dishes from each course before serving the next. Remove the tray from the room the moment the patient has finished the meal and destroy any remnants of food left.

Diets for the sick are divided into three general classes—the liquid, light and convalescent, and a patient should pass very gradually from the liquid to the more substantial diet and never be given an opportunity to bring about a relapse by over-eating.

Liquid Diet includes: Milk in any form; meat juice, tea and broth; milk and egg combinations; fruit and cereal waters and gruels; cream soups; tea, coffee and cocoa; ice creams, water ices, etc.

Light Diet: Custard, jellies, junket, milk toast, soft cooked eggs, oysters, clams, scraped raw beef.

Convalescent Diet: All the foods of light diet with the addition of any easily digested foods, such as lightly broiled steak, chops, fish or chicken, potatoes, spinach, asparagus, tomatoes, delicate puddings, simple cakes, etc.

A few recipes follow which I hope will be found helpful:

To poach eggs for an invalid, break them into a granite dish, pour boiling water over them, cover and let them stand on the back of the stove for eight minutes. Do not apply heat to the dish.

Titaina's Toast.

Cut bread into very thin slices and remove all the crusts. Butter lightly and between every two slices lay an extremely thin shaving of chicken breast. Press the slices of bread firmly together and toast and serve at once.

Beef Juice (Quick Method).

Broil small pieces of round of beef very slightly on both sides, score with a sharp knife and express the juice with a lemon squeezer or vegetable press. Remove all fat before serving, and if desired hot use a thermometer and heat carefully to 130 degrees Fahrenheit, a temperature safely below the coagulating point of the albumin.

Beef tea is beef juice diluted with water.

Another method of making beef juice and to be preferred when not in a hurry for the juice: Cut round beef steak into one-half inch cubes, put into a mason fruit jar, which has been sterilized. Set this in a kettle of water on a trivet and heat the water carefully to 130 degrees Fahrenheit, keep at that temperature for four or five hours. Express the juice according to directions given in "quick method."

Broth (Beef, Mutton or Chicken).

One pound of meat (cut into inch cubes), one quart cold water. Cover meat with water, let stand one hour, heat slowly to boiling point, skim, reduce heat and simmer until meat is tender, from three to five hours. Strain, cool and when ready to serve remove all fat, reheat and season, or it may be seasoned while cooking.

Steamed Eggs.

Put your eggs in sauce pan, pour water boiling hot from teakettle on same and cover tight. Do not have sauce pan over flame. Allow eggs to stand in hot water exactly five minutes, then remove to egg cups, which can be placed in the pan of hot water to keep eggs warm until ready to serve. These eggs are more delicious if properly made than soft boiled eggs which are put on in cold water to boil. The main thing is to carefully watch the clock and not let them be in the water one minute too long.

Gruels.

One-half cup cereal, two cups water, one-half teaspoonful salt. Put boiling water and salt in upper part of double boiler. When rapidly boiling, stir in the cereal and cook directly over the fire until thoroughly boiling. Put the two parts of the double boiler together and let continue to cook until done, two hours for farina, cream of wheat, or rolled oats; five or six hours for corn meal or steel cut oat meal, or, if soaked over night, three hours.

Thin the gruel to the desired consistency with milk or water and strain. Reheat before serving. The addition of an egg beaten into the gruel will increase its nutritive value.

Egg Nog.

One egg, two-thirds cups milk, one tablespoonful sugar, a pinch of salt improves the flavor. Flavoring (a little vanilla or nutmeg). Mix ingredients, beat until well blended, strain. Separate eggs, beat yolk, add other ingredients, strain, add beaten white and serve.

Rice Croquettes.

One cup of cold boiled rice, two cups of flour, two eggs, one teaspoonful of salt, two teaspoonfuls of baking powder, sweet milk enough to make a batter and fry in very hot lard until brown. Sour milk and soda can be used, and hominy or corn can be used instead of rice.

Zwiebel Soup.

Brown flour, in butter, two tablespoonfuls flour, one tablespoonful of butter, add salt; have onion steeped and add; then pour over them hot water (two cups) and let boil few minutes. If too thick add more water.

DESSERTS

"An't please, your honour," quoth the Peasant,
"This same dessert is very pleasant."

—Pope.

Puddings: "The proof of the pudding is in the eating."

Whipped Cream for Desserts.

If what the dairyman calls "double cream" is procurable, and it is indeed very nice and whips into lovely froth for the desserts, but it is expensive. However, a cheaper, though still good, grade of cream may be purchased, and with careful preparation it will give just as good results. When whipping the cream if three or four drops of lemon juice—be sure that you do not get any more than three or four drops—are whipped into it, it will become thick and rich very rapidly. Or, to accomplish the same end, sprinkle lightly over the top of the cream after it has started to thicken a little bit of sugar. This will have the same effect as the lemon juice and you will be surprised at the texture of the cream.

Use milk and vinegar, taking a tablespoonful of each, in place of egg. They must be well beaten together to give good results. The whipped cream, if strengthened with a very small touch of marshmallow whip, which may be bought in waxed pasteboard cartons at small cost, makes a delicious dessert and has more body even than the so-called "double cream." Puddings, "floating islands" and many other delicacies that "mother used to make" can be made even more delicious by a spot here and there on the surface of rich, carefully whipped and carefully sweetened cream.

Chocolate Sauce.

One square of chocolate, one tablespoonful of butter, one tablespoonful of flour, one-half cupful of milk, and a teaspoonful of vanilla. Cook the sauce in a double boiler and keep it hot until it is served.

Sauce for Pudding.

Three cups light brown sugar and one can cream, or you can cream sugar and butter and leave out cream.

On Custard Making.

For a very sweet custard a cupful of sugar may be used to each quart of milk. Never use more than that, or the custard will be sickening and watery. The quantity used is really a matter of taste. My own recipe is as follows:

Four eggs, half a cup of sugar, one quart of milk, a scant half teaspoonful of grated nutmeg.

In putting a custard together do not beat the eggs too much. Beat until the whites and yolks are thoroughly blended, then add sugar and nutmeg; beat until these are thoroughly incorporated with the eggs; stir in the milk and keep stirring until all are well mixed, and bake at once.

I always set the custard dish or cups in an outer vessel of cold water when it goes into the oven. The custard bakes more evenly than when set in hot water.

Unfailing Baked Custards.

To one whole egg, the white and yolk beaten together, add two cups of scalded milk, while still hot. Sweeten to taste. Pour into individual custard dishes and grate nutmeg over the top of each. Set in a pan of warm water in a moderate oven. Bake slowly. Do not let the water in the pan boil. This makes five individual custards.

Better Pudding Sauce.

A good way to make a pudding sauce is to sift the flour in the sugar, mix them thoroughly, and then add boiling water. When this boils, add a lump of butter. A sauce made in this way is never lumpy, and eliminates the necessity of making a separate thickening of flour and water.

Boiled Custard.

Into a quart of milk stir a pinch of baking soda, then heat to the scalding point in a double boiler. Beat five eggs light with half a cup of granulated sugar, and pour the scalding milk gradually on these, beating steadily. Return to the double boiler and cook, stirring constantly until the custard coats the spoon. Take from the fire, flavor with vanilla, and set aside to cool. When cold turn into glasses, whip meringue on top and serve.

Pudding Sauce.

Cream one cup of sugar, two tablespoonfuls butter and two tablespoonfuls flour, then add one pint of boiling water and boil for three minutes. Add juice of one lemon.

Strawberry Pudding Souffle.

This is rather an intricate dish to prepare and must be cooked with infinite care, but it is a most delicious dessert. Wash, drain and hull a pint of berries, and mash them in a china bowl with four tablespoonfuls of sweet cream and four tablespoonfuls of granulated sugar. Add two ounces or about four tablespoonfuls of lightly crumbled stale cake or bread, the yolks of three eggs, two ounces of rice flour (wheat flour will not do for a souffle), half an ounce of butter, and, if you like liquor, a tablespoonful of good rum. Beat the whites of the three eggs to a stiff froth, and gradually add to the mixture, stirring gently meanwhile. Rub a quart pudding mould with butter and sugar, drop the mixture carefully into this, place on a tin and set the dish in a moderate oven to bake for twenty minutes. Unmould on a warm dish, pour over it fresh strawberry sauce and serve immediately.

Charlotte Russe.

One pint cream whipped light, one-half ounce gelatine, eight tablespoons hot milk, whites of two eggs beaten stiff, one cup of powdered sugar; flavor with vanilla. Put the sugar in the cream when beaten very light. Put two spoonfuls of cold water over the gelatine and let stand ten minutes, then put the hot milk on it and stir till dissolved. After putting the eggs to the sugar put gelatine and milk in last, being careful not to have it too hot or too cold. Line your cups with ladyfingers.

Old-Fashioned Charlotte Russe.

One pint cream whipped light, one-half ounce of gelatine dissolved in one gill of hot milk, whites of two eggs beaten stiff, one cup of powdered sugar, and flavor with bitter almond and vanilla. Mix cream, eggs and sugar, flavor and beat in the gelatin and milk last. Line a mold with ladyfingers and fill with mixture and set on ice.

Macaroon Charlotte.

Six yolks, one cup sugar, one-half box of Knox gelatine, one pint of cream, one pint of whipped cream; whip eggs, add sugar then milk (hot), then soaked gelatine. Flavor when cold and add whipped cream; then add almonds or macaroons crushed, and put on ice to congeal. Use whites of eggs and half as much cream.

Baked Chocolate Pudding.

Ingredients: Two and one-half cupfuls stale bread, cut small, one quart milk, three eggs, one-third level teaspoonful salt, one-quarter level teaspoonful cinnamon, two-thirds cupful sugar, two ounces unsweetened chocolate, grated, one-half teaspoonful vanilla, one-half tablespoonful butter.

Time: Preparation, two hours; baking, thirty-five minutes.

Number served: Six persons.

Soak bread in milk until bread is soft. Melt chocolate, add sugar, cinnamon and vanilla. Add this to bread and milk; heat over fire just long enough to melt chocolate through the milk; cool. Add salt, beaten eggs, mix. Pour into a buttered baking dish and bake in a moderate oven until set. Serve cold, either plain or with cream, or with ice cream sauce (for recipe see Pineapple Tapioca). A nourishing and wholesome luncheon pudding or children's dessert.

Steamed Fig Pudding.

Ingredients: One-half cupful suet, finely chopped, one and one-half cupful flour, one-half level teaspoonful salt, one-half cupful molasses, one-half cupful milk, one cupful figs, cut small, one level teaspoonful ginger, one-half level teaspoonful cinnamon, one-quarter teaspoonful cloves.

Time: Preparation, fifteen minutes; steaming, three hours.

Number served: Six persons.

Sift soda, spices, salt with flour; add suet, molasses, milk; mix well. Add figs, floured. Turn into a well-greased mold; cover, steam three hours. Do not disturb steamer while pudding is cooking. Serve hot with hard sauce.

To make sauce: Cream one-third cupful butter, add one cupful confectioners' sugar and one teaspoonful hot water; beat until creamy; flavor with a little grated nutmeg and lemon rind.

Cream for Puffs.

Heat three cups of milk in a double boiler, add one-third cup of cornstarch with two cups of sugar and cook ten minutes. Pour onto the yolks of five eggs, return to double boiler and cook until thick; add vanilla to flavor.

Put a little lemon or vinegar on peaches after peeling and slicing to prevent discoloring.

Apple Custard.

Ingredients: One quart milk, four eggs, one and one-half tablespoonful cornstarch, one-third cupful granulated sugar, pinch of salt, one large ripe apple, or two small ones, one-half cupful powdered sugar, one-half teaspoonful lemon or vanilla extract.

Time: Preparation and cooking, thirty-five minutes.

Number served: Six persons.

Separate eggs; beat yolks, add granulated sugar, beat until creamy; add cornstarch. Scald the milk, add egg mixture, and cook carefully, stirring constantly until boiling point is reached and custard is thick and creamy. Do not overcook or it will curdle. Remove from fire, chill, add flavoring. Pour into a glass dish. Beat whites until stiff, add powdered sugar and grated apple. Heap this over custard and serve. The apple meringue should be added just before serving. Easily digested and nourishing; good for children. Recipe is easily divided for those requiring less.

Orange Marmalade Pudding.

Cream together half a cupful of butter and one of sugar and when very light mix in two well-beaten eggs. Then add gradually and alternately, three-quarters of a cupful of sifted flour and three tablespoonfuls of orange marmalade. Beat well and stir in one-quarter of a cupful of flour in which has been blended a good pinch of baking soda.

Pour into a greased pudding mold and steam for two hours. Serve either hot or cold with cream or plain hot sauce. If any of this pudding remains for another meal it can be made as good as a fresh pudding by steaming it again.

Custard for Cream Puffs.

Boil one pint of milk, stir three eggs with one-half cupful sugar, pour the boiling milk over this and boil all until thick; flavor with vanilla. Those not liking custard filling may fill puff shells with sweetened and flavored whipped cream. Some melt chocolate and blend it with butter and sugar into a thick paste and fill the shells with the mixture.

A Nice Dessert.

Fill tall stem glasses with ice cream of any flavor desired and place a brandied peach in each before serving.

Russian Apples.

Ingredients: Six large cooking apples, one and one-half cupful mincemeat, one-half cupful granulated or brown sugar.

Time: Preparation, fifteen minutes; baking, forty minutes.

Number served: Six persons.

Core large, selected cooking apples, preferably red ones. With a sharp knife cut a ring around the center of the apple, cutting through the skin only. Remove a small portion of apples from the center, enlarging the core space. Fill each apple with a teaspoonful of sugar, and as much mincemeat as it will hold. Sprinkle tops liberally with more sugar, place apples in a baking-pan, add enough boiling water to cover the bottom of the pan, and bake in a hot oven, basting occasionally, until apples are soft. Serve warm with or without cream. An easily prepared and delicious dessert.

Apples Stuffed With Figs.

For a change from the ordinary baked apples, I would like the housewives to try the following:

Take the juicest, dried figs you can find and wash them, carefully pinching them into their natural shape. Then take good firm cooking apples, wash them, scoop out the cores and into the spaces from which the cores have been taken, press two of the prepared figs. Place the apples in a baking-pan and bake in a hot oven.

While they are cooking, baste with the following syrup, some of which should be poured into the baking-pan: The juice of one lemon, four tablespoonfuls of sugar, one large cupful of water and a little grated nutmeg. When cooked, pour the rest of the syrup over the fruit.

Stuffed Apples.

Steam half a dozen large apples, first coring them and filling the centers with sugar. While they are cooking put over the fire a cup of water with a cup of granulated sugar and boil for five minutes. Cut into small pieces a cupful of candied fruit, pineapple, cherries, apricots, pears, etc.; stir it into the boiling syrup.

Take from the fire and when the apples are tender put this mixture into the holes in the centers. Set aside to become cold, whip a cupful of cream, add to it bitter almond extract to taste and heap on the apples. If you wish you may substitute chopped nuts for the candied fruits.

Jellied Apples.

A rich and attractive compote of apples is made of firm tart apples baked in the oven and served with brandy. To make it, peel, core and quarter the apples and put them in a porcelain-lined dish, with just enough water to prevent their burning. About a cupful will be required for a quart of apples. Add about a cup of sugar and the yellow rind of half a lemon cut into bits, being careful to cut away all white inner skin. Cover the apples with a china plate and let them cook about an hour. When the apples are nearly transparent, thoroughly done, but not broken, take them out carefully and put them into the dish in which they are to be served. Cool a little of the juice, and if it is not yet a jelly boil it down to one. For this amount of apple add a tablespoonful of brandy to the jelly and pour the jelly over the cooked apples. Let the compote stand for twenty-four hours in order that the jelly around the apples may become thoroughly set. It is perfect served with cream.

Apples in Jelly.

Put two cups of water and two cups of sugar with the juice of one lemon in a saucepan, and cook until it is a clear syrup; then lay in two quarts of halves of apples that have been pared and the core taken out. Do not crowd the apples, but cook slowly until tender. Take out the apple with a skimmer, add one-half box of gelatine soaked in one-half cup of cold water, and when it is dissolved let it cool until it begins to get firm, then arrange the apple in a mold, pour the syrup over and set away to chill. Serve unmolded with cream. When the gelatine is added to the syrup there should be about two and a half cups of syrup in the pan to make the jelly of the proper consistency.

Baked Apples.

Core and peel a strip between the stem and blossom end of the apple. Place in a baking pan, fill cavity with brown sugar; add enough boiling water to cover the bottom of the pan. Bake in hot oven until the apples are tender, basting frequently with the liquor in the pan.

A Delicious Dessert.

Use tall stem glasses and fill with orange sherbet, then pour over it grated pineapple and a dessert spoonful of whiskey.

Ideal Apple Sauce.

Cut apples in quarters, core and remove any blemishes, but do not remove the peel. Cook until soft, with just enough water to cover. Rub through a sieve or colander. This holds skins. Sweeten to taste, adding cinnamon or nutmeg, if liked.

Apple sauce made this way retains the full flavor of the apples. The mineral salts contained in the skin or outer covering are valuable for flavoring and coloring. This method is also economical because time is saved and no apple is wasted in the peeling.

Apple Jack.

Use pudding dish at least two inches deep, fill with apples peeled and cut in thin slices; remove the seeds, sprinkle with sugar very thickly, dot with bits of butter between each layer; place crust on top. Bake for thirty-five minutes in moderate oven. Run a knife around the top of pan, loosening the crust. Place a plate over the dish, turn upside down, cut in quarters and pour over this a sauce made as follows:

Sauce: Two tablespoons of flour, one and one-half tablespoons of butter, one and one-half cups of milk, one-half cup of sugar, one teaspoon of vanilla, one-half teaspoon of nutmeg.

Apple Honey.

This is not only a delicious sweetmeat, but I think it will be a novelty to most housewives. Pare and core three quarts of apples. Run them through the meat grinder, using the medium knife. Be careful to save as much of the juice as possible.

Boil together one quart of water, as much of the apple juice as can be poured off the fruit pulp, two quarts of granulated sugar, one broken stick of cinnamon and the juice of two lemons. Cook for ten minutes, pour boiling hot over the apples and set aside for three hours. Place in an agate ware kettle, over a moderate heat and cook until clear and thick. Remove from the fire, stir in one teaspoonful of lemon extract and seal in preserve jars.

Care must be exercised in making, and the honey must be constantly stirred, so that it will not scorch.

Whipped Cream Filling.

One quart whipped cream, one cup of sugar and one teaspoonful flavoring.

Baked Prune Pudding.

Ingredients: One pound large, good quality prunes, one-third cupful granulated sugar, grated rind half a lemon, one-half level tablespoonful butter.

Time: Preparation and soaking, 4 hours; baking, twenty-five minutes.

Number served: Four to six persons.

Wash prunes; soak in cold water three to four hours; drain. Remove pits, cut prunes fine, or put through food chopper. Boil sugar and three-fourths cupful water in which prunes were soaked together for five minutes. Add this and the lemon rind to the prunes. Pour into a greased baking dish, sprinkle top lightly with sugar, add a few bits of butter, and bake in a moderate oven twenty to thirty minutes. Serve cool with whipped cream or a boiled custard sauce. (Custard given in Apple Custard recipe may be used for the sauce.) This prune recipe also makes a good filling for pie or tarts. Delicious, easily prepared, wholesome.

Marshmallow and Pineapple Dainty.

Take one pound of marshmallows, cut in quarters, and one can of pineapple, cut in small pieces. Whip one and a half cupfuls of thick cream; add the marshmallows and the pineapple. Mix well and serve in sherbet glasses. This is a very delicious dessert.

Sponge Cake Trifle.

Pieces of stale sponge cake spread with strawberry or raspberry jam; add tiny macaroons, if liked. Pour over all two sherry glasses of sherry, and when well soaked into the cake, add one pint of plain boiled custard (made with the yolks of three eggs, three tablespoonfuls of sugar, a pinch of salt and one pint of milk), flavor with vanilla and drop small teaspoonfuls of whipped cream over the top. Serve very cold.

Orange Jelly With Halved Apricots.

Color orange jelly a deep yellow tint. Mould in a long mould and dispose upon a flat platter. Halve apricots, remove the seeds, put in place of the seeds some blanched almonds, and arrange them around the base of the jelly. This dish should be served cold and may be eaten with whipped cream.

Summer Tidbits.

Select some small melons of uniform size. Scoop out the fruit carefully, clean and polish the shells. Line the shells with red raspberries, fill with the melon cut in bits and a garnish of whipped cream. Dispose fruit upon a long platter filled with chopped ice, and garnish with white clovers.

Ginger Pears in Block of Ice.

Cook whole, peeled pears in syrup, seasoned with lemon and ginger, until soft. Chill them on ice. Place a low block of ice upon a platter. With a hot iron hollow it for the fruit. Garnish with sprigs of mint. Serve with whipped cream garnished with bits of candied cherries.

Strawberry Charlotte Russe.

Line the bottom of a tin or china mold with white paper, and the sides with split lady fingers or thin slices of sponge cake. Soak one ounce of gelatine in half a pint of cold water. When soft, place on the fire and let it remain until dissolved. Press one quart of fresh strawberries through a sieve and add to them one cup of powdered sugar. When the gelatine is cold, mix with the berries and sugar, add one pint of cream whipped stiff and sweetened to taste. Pour this mixture into the middle of the lined mold and place on ice. This is to be eaten ice cold.

A Delicious Dessert.

If you have part of a loaf of brown bread left, slice it up and trim off the crusted edges. Butter the pieces liberally and make sandwiches of them, using sliced bananas for a filling.

Place the sandwiches in a buttered pan, pile more bananas on the top of them and set in the oven until they are very hot. Serve either with plain cream or sweetened whipped cream. Sugar may be added if desired. These are most delicious and no one would ever suspect that this dessert was made from such homely ingredients.

Cottage Pudding.

One cup of sugar, one tablespoonful of butter, two eggs, one cup sweet milk, three cups flour, or enough to make a tolerably stiff batter, one-half teaspoonful of soda, one teaspoonful baking powder sifted with the flour, one teaspoonful salt. Serve with sauce.

Apple Tapioca Pudding.

One cup of tapioca soaked over night in six cups of water; next morning add about six large, tart apples, chopped very fine (or more, according to the size); then one cup of white sugar. Bake slowly about four hours. To be eaten either warm or cold, with cream. Very delicate for invalids. Or you can pour the tapioca over whole cored apples.

Queen of Puddings.

One pint fine bread crumbs, one cup sugar, one quart milk, yolks of four eggs, beaten; the grated rind of a lemon, a piece of butter the size of an egg. Bake until done, but not watery. Whip the whites of the eggs stiff, beat in a teacupful in which has been strained the juice of the lemon, spread over the pudding a layer of jelly, pour the whites of the eggs over this; replace in the oven; bake lightly. To be eaten cold, with cream if preferred.

Black Pudding.

One-half pound each of raisins, currants, chopped suet and sugar; one pound of bread soaked in milk and beaten smooth; one-fourth of a pound of flour; spice to taste. Put in a bag and boil six hours.

Danish Pudding.

Beat the whites of four and the yolks of ten eggs separately and then together; add six tablespoonfuls of granulated sugar dissolved in a little milk. Boil one quart fresh milk and pour over the eggs and sugar. Brown four cups of Orleans sugar and line the bottom and sides of pudding mold. Pour in the custards and place the mold in a pan of boiling water and bake half an hour. When cold, turn into a dish and serve with whipped cream.

Snow Pudding.

Soak one-half box gelatine until dissolved; add one cupful of sugar and juice and rinds of two lemons. Boil two or three minutes. Remove, strain and let stand until cool. Beat whites of three eggs very stiff and add gradually to gelatine. Whisk lightly for ten or fifteen minutes. Pour into molds previously wet, and set in cool place four or five hours. Serve with thin custard made from yolks of two eggs, one pint milk; sugar and flavor to taste.

Turkish Delight.

Three level tablespoons of gelatine, two-thirds cup of orange juice, one-half cup of candied sugar, one-half cup of cold water, two tablespoons of lemon juice.

Let the gelatine stand in orange juice until it has absorbed the liquid. Stir the sugar and water over a slow fire until the sugar is dissolved, then add the softened gelatine and heat to boiling point. Let boil for twenty minutes after boiling starts; remove from the fire, let cool a little, then add the lemon juice and fruit, and turn into a pan that has been wet with cold water. Let stand over night in a cool dry place. To unmold, sift confectioners' sugar over the paste; wet a sharp pointed knife, loosen the candy at edge of pan, then gently pull the paste in a compact sheet from the pan, and place on a board dredged with confectioners' sugar. Cut the piece in strips and then in squares with a sharp knife. Keep sugar between knife and paste (dip the knife in the sugar from time to time) roll each piece in sugar. A teaspoon of grated orange rind may be added when the fruit if this flavor is liked. Other fruit may be substituted for the cherries.

Strawberry Charlotte.

Fill a mould with jelly made of strawberry juice stiffened with gelatine. When firm scoop out the center and fill with boiled rice that has been sweetened and chilled and mixed with a little gelatine. Serve with strawberry sauce.

La Favorite.

Line a mould with red raspberries. Make a jelly of currant and raspberry juice, stiffened with gelatine. Allow it to cool. Fill the mould. Serve very cold. Garnish the platter with cubes of sponge cake iced with pale green icing, a nut on the top of each. Serve the jelly with rich cream.

Date Souffle.

A half of a pound of dates is required for preparing this dish. Wash, stone and chop the dates. Then let them simmer in a half cupful of boiling water until very soft. Mash them, and add four whites of eggs which have been beaten very stiff, a quarter of a cupful of sugar, a tablespoonful of lemon juice and a pinch of salt. Pour into a buttered dish and bake for thirty-five minutes. Serve cold with whipped cream.

Pineapple Tapioca.

Ingredients: One small pineapple, shredded and sweetened; one-half cupful fine tapioca, one and three-quarters cupful water, one-quarter level teaspoonful salt, one-third cupful sugar, juice of one orange.

Time: Preparation and cooking, forty-five minutes.

Number served: Six persons.

Bring water to boiling point, add salt, stir in tapioca and cook until thick. Add sugar, pineapple, cover and let cook until clear. Add orange juice, pour into individual glasses. Serve slightly warm. Pass ice cream sauce, made as follows:

Beat one egg yolk until light, add one-fourth cupful confectioners' sugar and one-half cupful cream, whipped, but not too stiff.

Canned pineapple may be substituted for the fresh, or strawberries or other fruit may be used as seasonable.

Summer Queen.

Free half a watermelon of its fruit. Place in the polished shell a block of ice, and around the ice lay rounding spoonfuls of the seeded fruit. Put a large pink rose on the ice. Set the whole on a platter covered with grape leaves and tendrils. Serve with French dressing.

Creole Watermelon.

Remove a small cube from a ripe melon, and pour into this hole one cup of orange and lemon juice, sweetened; replace the plug of rind and set melon on ice for three days, then cut in two and scoop the pink meat into glasses and serve.

Dinner, Salpicon of Fruit.

Take equal parts of orange, grapefruit, pineapple and candied cherries. Place in bowl, cover with pulverized sugar one tablespoon of vanilla, and two tablespoons of wine or grape juice. Serve in cocktail glasses, very cold, with one tablespoon of whipped cream on top.

Fig Pudding.

One egg, one cup of bread crumbs, one-half cup of cold water, one-quarter cup of New Orleans molasses, one-quarter cup of sugar, one cup of finely chopped figs, one-half cup of flour, one-half teaspoon of soda. Mix well, pack in buttered molds, and steam or boil for one hour. Serve with sauce.

Coffee Pudding.

Coffee pudding is another dessert that seems especially delicious when served in the dainty frappe glasses, and this is the way to make it:

Dissolve two and one-quarter tablespoonfuls of gelatine in three tablespoonfuls of hot milk, then add one cupful of hot milk, one cupful of sugar and one cupful of strong, hot coffee. Stir together until the sugar is dissolved and then let the mixture cool. When it begins to thicken beat it up with two cupfuls of cream (which has been whipped until stiff) and, lastly, add whites of two eggs and one teaspoonful of vanilla. Put the pudding in frappe glasses and set away in a cool place until it becomes firm. Serve with whipped cream on the top of each glass.

Prune and Apricot Mold.

Soak equal quantities of prunes and apricots in the usual way, and stew until tender. Press through a colander and sweeten to taste, cooking a few moments longer to be sure the sugar is fully blended with the fruit. To each pint of fruit allow a tablespoonful of gelatine, soaked in cold water and dissolved in a quarter of a cup of boiling water. Stir thoroughly into the fruit, turn into a mold and set in a cold place to form. This may be put into individual cups or molds if preferred.

Favorite Bread Pudding.

One pint milk, one cup fine bread crumbs, always stale and dry; two eggs, one tablespoon melted butter, nutmeg to taste, one teaspoon baking powder. Soak crumbs in milk till soft, beat egg yolks very light and add, stirring well together; add butter and seasoning with baking powder well stirred in; lastly add the beaten whites. A layer of cocoanut on top adds greatly to the flavor. Can be served with any desired sweet sauce.

Cranberry Pudding.

One cup of flour, one-half cup of sugar, one egg, one tablespoon of butter, one-half cup of milk, one teaspoon of baking powder, one pinch of salt, one cup of cranberry jelly. Beat egg and milk, add flour, sugar, butter, salt and baking powder, then stir in jelly. Place in buttered custard cups, stand in pan of hot water, bake for thirty minutes, serve with thin cranberry sauce. Garnish with slices of hard sauce.

A Substitute for Frozen Dessert.

The hostess seeking a substitute for a frozen dessert will find just what she wants in this recipe. It is sufficient in quantity to serve twelve guests. It also costs less than ice cream and is preferred by many. Dissolve one rounded tablespoonful of granulated gelatine in one-quarter of a cupful of cold water. Add one-quarter of a cupful of boiling water and one cupful of sugar.

Stir well until both sugar and gelatine are entirely dissolved, and then set to cool. Whip with an egg beater and when the mixture is very light, fold in one pint of cream that has previously been whipped. To this add the following ingredients chopped finely: One-quarter of a pound of blanched almonds, six macaroons, one dozen marshmallows and half a cupful of drained preserved pineapple. Flavor the cream with vanilla and pour into a mold. Chill directly on the ice. In a few hours it may be turned out and cut into slices.

Date Pudding.

One cup of bread crumbs, one-fourth teaspoon of salt, one egg, two cups of milk, one teaspoon of vanilla, pinch of nutmeg, one cup of stonned and chopped dates; pour the milk on bread crumbs, let stand for one-half hour, add the beaten egg, salt, flavoring, dates and sugar. Mix well, pour in buttered dishes. Set dishes in a pan of hot water. Bake in moderately hot oven until the pudding is brown on top, usually about one-half hour. Serve with cream sauce.

Down East Rice Pudding.

Mix one-half cupful of washed rice with two cupfuls of milk, one-half cupful of molasses, a level tablespoonful of butter, and a little salt. Bake very slowly for two hours, adding more milk when it thickens. Serve hot with cream. It is delicious.

Peach Pudding.

Fill pudding dish almost full with whole peeled peaches, cook as for canning. Pour off the juice (there should be about one-half cup), and let cool. Add to it one cup milk, three eggs well beaten, one cup sugar and two cups flour, with two teaspoons baking powder, a little salt. Beat hard four minutes. Sprinkle little sugar over peaches. Then pour batter over peaches in dish. Bake to a rich brown and serve with cream.

English Plum Pudding.

Cream a pound of butter with a pound of powdered sugar, add the well-beaten yolks of a dozen eggs, a pound of suet, chopped fine and made free from strings and shreds, a pint of milk and two and a half pounds of flour alternately with the stiffened whites of the twelve eggs. Mix well. Have ready the prepared fruits. These consist of two pounds each of seeded and chopped raisins and stemmed currants and one-quarter pound of citron minced small. Mix these fruits and dredge well with flour. Add to the butter one-half ounce each of powdered cloves and mace, two grated nutmegs and a cup of best brandy, then stir in the floured fruit. When all the ingredients are well incorporated put the pudding into a mold or floured pudding bag and boil for at least five hours, keeping at a hard boil all the time. Serve with brandy sauce.

Old-Fashioned Popcorn Pudding.

Run two cupfuls of popcorn through the grinder, add two cupfuls of milk, one tablespoonful of butter, one-half cupful of sugar, two eggs beaten light, and a little salt. Bake half an hour.

Winter Cream.

To the whites of three eggs beaten to a froth add a pint of cream and four tablespoons sweet wine, with three of fine white sugar and a teaspoon vanilla; whip to a froth and serve in a glass dish with crab apple jelly around it.

Bananas.

Take a few red-skinned bananas. They are harder and keep their shape better than yellow ones. Peel them and slice them lengthwise. Sprinkle them with a little orange juice, and roll them lightly in fine flour and fry them in fresh butter. Roll in powdered sugar before serving.

Grapefruit.

Put six blanched almonds in a sherbet glass, also one marshmallow, cut in quarters, and about two tablespoonfuls of the grapefruit pulp. On the top of each glassful of the mixture, place a maraschino cherry.

The quantity given above will serve about ten people. It is a most economical and attractive way of serving grapefruit.

Christmas Plum Pudding.

One pound of butter; one pound of suet freed from string and chopped fine; one pound of sugar; two and a half pounds of flour; two pounds of currants, picked over carefully after they are washed; two pounds of raisins seeded, chopped and dredged with flour; one-quarter of a pound of citron shredded fine; twelve eggs, whites and yolks beaten separately; one pint of milk; one cup of brandy; one ounce of cloves, one-half ounce of mace, two grated nutmegs. Cream butter and sugar, beat in the yolks when you have whipped them smooth and light; next, put in the milk, then the flour, alternately with the beaten whites; then the brandy and spices; lastly the fruit well dredged with flour.

Mix all thoroughly, wring out your pudding cloth in hot water, flour well inside, pour in the mixture and boil five hours.

Banana Charlotte.

Ingredients: Two large, ripe bananas; one cupful heavy cream, whipped; juice of quarter an orange, one-third cupful powdered sugar, twelve lady fingers.

Time: Preparation, fifteen minutes.

Number served: Four persons.

Peel bananas, crush to a pulp, add sugar and orange juice. Fold in the whipped cream. Heap in pretty glasses, lined with split lady fingers. Garnish with chopped candied pineapple, and top with a candied cherry or crystallized violet and mint leaf. Easily and quickly made; light and fine enough for the company luncheon.

Easter Egg Gelatine.

Now while so many eggs are being used, save all the shells. When you open the eggs, do not make any larger hole than is needed. Rinse with cold water and put away. The day before Easter take as many shells as you want and put them into a small pan so they will stand on end. If you find it difficult to make them stand up, they may be put into a pan of bran or meal. Fill with as many colored gelatines as you wish, using a small funnel to pour the gelatine into the shells. White, pink, chocolate and orange may be used. When you wish to serve, carefully break away the shells and you have perfect eggs. If you wish to serve as dessert, a sauce of the following may be used: One pint of milk, one egg, one-half cup sugar, one-half teaspoon cornstarch, one and one-half teaspoons vanilla.

Delmonico Dessert.

Dissolve a package of Lemon Jell-O in a pint of boiling water. Pour half the Jell-O in mould, and when it begins to thicken press strawberries into it. Cover with shredded cocoanut. When firm cover with the rest of the Jell-O that has been kept a liquid, and make same as first layer. Put in a cold place to harden. Serve with whipped cream heaped around base and stud with strawberries.

Fruit Pudding.

Dissolve one package of any flavor Jell-O in one pint of boiling water. When it begins to thicken stir in a small handful of seeded raisins, a few nutmeats, a dozen dates, six figs and a banana, sliced. Turn into a mould and set in a cold place.

Jellied Raspberries.

Soak half a package of gelatine in one-half cup cold water for two hours; then pour over it one and one-half cups boiling water and stir until the gelatine is dissolved. Add one-half pound sugar, the juice of two lemons and juice of two oranges. Strain and set the dish into a pan of cold water. When it begins to harden, beat with an egg beater until it is so stiff it will hardly pour. Have a mould ready, and pour in a thin layer of the jelly, then a layer of berries, another layer of jelly, and so on until all is used. About one and one-half pints of berries will be needed. Set away to harden, and turn out on a pretty dish.

A Summer Dessert.

Here is a new dessert every housekeeper will find a welcome addition to her recipes:

Stone and chop a quarter of a pound of dates; mix with an equal amount of figs, chopped fine; add chopped candied cherries or pineapple, or the pulp of an orange or a sliced banana. The mixture must be sufficient to fill a quart and a pint mold. Cover a box of gelatine with half a pint of cold water and let it soak for half an hour. Add to it a cupful of sugar and a quart of boiling water; stir until the sugar is dissolved; add the juice of two lemons and one orange and two teaspoonfuls of caramel. Strain in the mold over the fruit and stand it aside to harden. When cold and quite firm turn it out upon a glass dish and send to the table with or without whipped cream. The fruit must be put loosely in the mold or the jelly will not penetrate.

Cranberry Snowballs.

Sift together two cupfuls of flour, a pinch of salt, and three teaspoonfuls of baking powder; add sufficient sweet milk to make a soft batter, one cupful of sugar, one and a half cupfuls of chopped cranberries dredged with flour, and two well-beaten eggs. Pour the mixture into buttered pudding cups, and steam for two hours. Garnish with sprigs of holly and serve with hard sauce.

Snow Balls.

Make a batter of a tablespoonful of butter, one-half cupful of sugar, one-half cupful of milk, one cupful of flour, one teaspoonful of baking powder, a little salt, and the whites of two eggs beaten stiff. The eggs should be added at the last. Fill small cups a little more than half full of the mixture, and steam the contents three-quarters of an hour. Ordinary egg cups, because their tops are large and furnish a substantial rest when the balls are turned out, are the best in which to steam the balls, but other cups may be used. The balls may be eaten hot or cold, but are usually preferred hot. Served with chocolate sauce, these are delicious.

Steamed Rhubarb Puffs.

Cream together one cup of sugar and two tablespoons of butter, add two well-beaten eggs, one-fourth cup of milk, one teaspoon of baking powder, and sufficient flour to make a thick batter; then stir into the mixture one cup of finely chopped rhubarb; half fill well-buttered cups with the mixture, and steam for half an hour. Serve with cream or a pudding sauce.

Baked Rhubarb.

This is a most delicious dish, and much superior to the ordinary sauce. Wash the rhubarb, cut into inch lengths without peeling. Put a layer in an earthen baking dish, cover with sugar, and repeat this process until sufficient quantity has been prepared. Cover tightly (do not add water), and bake for half an hour.

Lemon Jelly.

Two tablespoonfuls granulated gelatin. Soak in one-half cup cold water, then dissolve in two and one-half cups boiling water, one cup sugar, juice and grated rind of lemon.

A Raspberry Custard.

Make a custard by beating the yolks of four eggs and five tablespoonfuls of sugar to a cream; dissolve a heaping teaspoonful of cornstarch in a half a pint of milk and stir it in with the sugar and eggs; then add a pint of rich milk and a gill of cream; stir the mixture. Let the custard cook slowly in the double broiler till as thick as rich cream, then remove it from the fire and after a very few minutes pour it in a glass dish and stand it where it will cool and the custard will thicken. Just before it is ready to serve cover the top of the custard with five red raspberries, cover the fruit with whipped cream and serve.

Cottage Pudding.

To be eaten with sliced oranges and whipped cream: Two eggs, one cupful of sugar, one and one-half cups of flour, one-half cup of sweet milk, butter size of an egg, two teaspoons of baking powder. Steam thirty minutes. Slice two oranges thin. Add one cup of sugar, let stand one hour. When ready to serve cut pudding in slices, cover with oranges, then whipped cream.

A Peach Betty.

Butter a pudding dish and cover the bottom with fine bread crumbs. Stick bits of butter over these. Now, pare quickly eight large peaches, or twelve small, and cut into small pieces. Do not bruise them by chopping. Put a layer of these on the crumbs, sugar plentifully and sprinkle with butter-bits and a little mace. More bread crumbs, and proceed in the order given until the peaches and a cupful of crumbs are used. The top layer should be of crumbs. Cover closely, and bake for forty-five minutes in a steady oven. Lift the cover and brown quickly. Send to table in the dish. Eat with sugar and cream.

Baked Indian Pudding.

Cut up a piece of butter the size of a tablespoon in a pint of molasses and warm them together till the butter is melted. Boil a quart of milk, and while scalding hot pour it slowly over a pint of sifted cornmeal; cover for an hour and allow the mixture to cool. Add six well-beaten eggs, stirred gradually into it, with a tablespoonful of cinnamon and nutmeg, and the grated rind of a lemon. Stir the whole very hard, put into a buttered dish and bake for two hours. Serve hot with a sauce.

Snow Cream.

Whites of four eggs, one pint cream, one-half cup powdered sugar, one-half teaspoonful vanilla and one tablespoonful melted butter. Whip cream, add sugar to eggs and fold in cream; have bowl in cracked ice.

Now, take various fruits, two bananas, one cup cherries, two oranges, one-half can pineapple, place in individual molds alternately with the jelly and cream, having cream on top, and decorate with cherries.

Bishop Ripple Pudding.

One cup of chopped nuts (pecans), one cup of chopped dates, one-half cup of sugar, two thirds cup of flour, two eggs, one teaspoonful baking powder; put in flour, beat eggs and sugar, add nuts and dates, and lastly flour.

Snow Apple Pudding.

Fill pudding dish half full of apple sauce, well seasoned with butter, sugar and nutmeg. Pour over it a batter made of one and one-half cups of flour mixed with two teaspoonfuls baking powder, one-half teaspoonful salt and one tablespoonful lard. Moisten with three-fourths cup of sweet milk. Cook in a steamer three-quarters of an hour.

Suet Pudding.

One cup of chopped suet, one cup of brown sugar, one cup each of raisins and currants, one and one-half cups of flour, two eggs, one-quarter teaspoonful each of allspice and cloves, one-half teaspoonful of cinnamon, one teaspoonful of soda and enough sour milk to make a stiff batter. Steam for two hours.

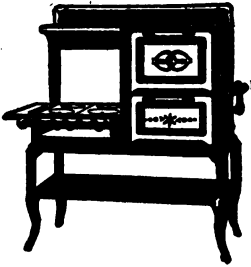
Tapioca Cream.

Two and one-half tablespoonfuls tapioca, one pint milk, one-half cup sugar, one teaspoonful salt and two eggs. Soak tapioca over night, pour off water and add milk, sugar and salt. When it boils add beaten egg yolks and flavor to taste. Beat whites stiff and stir in slowly. Cool and serve with whipped cream.

Rice Pudding.

One cup of boiled rice, one egg (beaten), sugar to taste, one-half cup of milk. Flavor with nutmeg and bake in oven.

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As the soil we first stirred in terrestrial pies."

—O. W. Holmes.

Pastry.

The hand should be dipped in cold water before making pastry.

Suggestion.

When you wish to bake a pie shell as for cream pie or lemon pie invert the pie tin and bake the crust on the bottom and you will find it will keep its shape better. It should be stuck with fork.

If a pie pan with a perforated bottom is used the pies will brown nicely on the bottom and the crusts will not become soggy.

In the short-cake and roly-poly line dried peaches, pears, apples or apricots make a good filling. A good sauce to serve over a short-cake is to thicken the juice of the fruit used.

To Prevent the Bottom Crust of a Pumpkin Pie From Becoming Soggy.

Prepare the pie to be filled, and then beat the white of one egg, and brush the sides and bottom of the crust with this, then sprinkle with bread crumbs that have been grated. Do not use crumbs from crusts. Add the filling and put pie in oven at once. The crumbs will not be noticed. The crust will be dry, as the crumbs have absorbed all the moisture, and it will be a beautiful brown on the bottom. This is good for fruit pies, too.

Pie Crust.

(My Own Recipe.)

Two-thirds cup butter and lard mixed; two and one-half cups flour sifted once before measuring, and one tablespoonful baking powder. Mix with ice water and use a knife or spatula.

Puff Paste.

Four level cups flour sifted once before measuring, two cups butter or one pound, using half in mixing dough and other half in folding. Add a little salt and mix with ice water. Mix white of egg or whole egg with flour before using butter and one and one-half teaspoonfuls baking powder. Fold dough over seven times with knife and bake next day.

You can cut puff paste into shapes and sprinkle with grated cheese.

Jelly Custard Pie.

Cream one cupful of sugar with one tablespoonful of butter and add the well-beaten yolks of three eggs, one cupful of fruit jelly, the juice and grated rind of one lemon and lastly the stiffly whipped egg whites. Bake in a rich crust. This will make two custard pies, and is very highly recommended.

Reliable Mince Pies.

One pound of currants, one pound of Sultana raisins, one pound of candied citron peel, one pound of chopped suet, one pound of chopped apples, one pound of brown sugar, one pound of seedless raisins, one-half pound of chopped almonds, one ounce of mixed spices, grated rind and juice of three lemons, grated rind and juice of three large oranges.

Chop the peel fine and put it into a large jar, then add all the other ingredients. The raisins and currants should be carefully cleaned. Mix and cover. Keep for two weeks before using. For a dozen individual mincemeat pies line gem-pans with puff pastry; put in the center two heaping teaspoonfuls of the mincemeat; cover with rounds of pastry the size of the top of the pies. Brush over with beaten egg, and bake in a hot oven for fifteen minutes.

Amber Pie.

One cup of sugar, one-half cup of buttermilk, one-half cup of seeded raisins, one-half teaspoonful of cloves, one-half teaspoonful of nutmeg, one-half teaspoonful of flour, one tablespoonful of butter, the yolks of two eggs, reserving the whites for the frosting. Mix all ingredients except the egg-whites, pour into an open crust and bake until "set." Cover with a meringue made of beaten whites and a little sugar, and return to the oven long enough to brown.

Sweet Potato Pie.

To one cup of mashed and sifted sweet potatoes add two tablespoons of best quality New Orleans molasses, one-half cup of sugar, one tablespoon of cornstarch, one teaspoon each of ginger and cinnamon, one saltspoon each of nutmeg and cloves, and one-fourth teaspoon of salt. Mix together, then add two slightly beaten eggs and two and one-half cups of rich milk. Pour into pastry shell and bake.

Cheese Pie.

Into two cups of cottage cheese work three tablespoonfuls of cream, four eggs beaten very light, with two-thirds of a cup of sugar, a heaping teaspoonful of melted butter and the juice of two small lemons, with the grated rind of one. Beat until there are no lumps and pour into a deep, open pie crust. Bake until set in a steady oven.

Cranberry Pie.

Mix one cup sugar and a tablespoon cornstarch, and one cup boiling water, and cook over boiling water until it thickens. Prepare one pint of cranberries by cutting in halves lengthwise, adding a half cup of sultana raisins, a small cup of dried currants, a teaspoon of vanilla and a little grated nutmeg; add these to the boiled syrup and fill into pans that have been lined with rich pie crust, cross-barring the top with strips of the pie crust. Bake about forty minutes.

Banbury Tarts.

Line small well-greased tart tins with pastry and fill with the following: Put the yellow rind of one lemon and half a cupful of seeded raisins through the meat grinder and add to the pulp thus obtained the juice of one lemon, one tablespoonful of grated bread crumbs, two tablespoonfuls of granulated sugar and one tablespoonful of melted butter. Bake in rather a quick oven until the pastry is crisp and brown.

To Make Patties.

Cut three rounds of puff paste with fluted cutter, cut center out of two and place on bottom layer with white of egg.

"Cannot Fail" Pie Crust.

Two tablespoonfuls shortening, one cup of flour, pinch of salt and three tablespoonfuls of cold water; mix with fork.

Banana Pie.

One and one-half cups banana pulp, one an done-half cups milk, one beaten egg, one-half cup light brown sugar, one level teaspoon cinnamon, one-half level teaspoon ginger, one-half level teaspoon salt. Add the milk gradually to the banana pulp, then the beaten egg and stir the mixture into the sugar, spices, and salt mixed. Line a deep plate as for custard pie, pour in the mixture, and bake in a moderate oven until browned over the top.

Pumpkin Cream Pie.

Mix smoothly together one cup of prepared pumpkin, one scant teacup of light brown sugar, three level tablespoons of flour, one teaspoon of cinnamon, one-half teaspoon of ginger, one saltspoon each of nutmeg and allspice, and one-fourth teaspoon of salt. Add two eggs, lightly beaten; and lastly one and one-fourth pints of thin cream. Pour the mixture into a deep pie plate which has been lined with pastry. Rich milk may be used instead of cream; or part milk and part cream, if desired.

Grandmother's Pumpkin Pie.

To make four large pies, beat two cups of sugar into one cup of shortening until light. Grate the rind of a large lemon and squeeze out the juice, add to the eggs and sugar. Put in one teaspoon of cinnamon, a dash of nutmeg, one pint of cream and six cups of boiled and mashed pumpkin. Pour this mixture into pans lined with rich pie paste, and bake in a quick oven. The pies will truly "melt in your mouth."

Peach Pie.

Make a rich under crust only. Pare the peaches, cut them in half and set them, the hollow sides up, in your crust as thickly together as you can. Sprinkle sugar over and around them and pour over them a cup of sweet cream, to which you have added a teaspoon of flour. Stir this until the mixture is smooth. Bake gently until done.

The Real Southern Chess Pie.

Four eggs, two cups sugar, two thirds cup butter, one tablespoon flour, mixed with one-half cup sweet milk or cream. One may make lemon chess pie of this by using two lemons, rind and juice, and use water instead of milk.

Lemon Tartlets.

Bake a plain crust over inverted patty pans. Beat the yolks of three eggs until light, add gradually one cup sugar, and the whites of two eggs. Beat two tablespoons butter to a cream, add the egg mixture and to this the juice of two lemons and the grated rind of one. Cook in double boiler until the mixture thickens. Fill the cases and cover with meringue made by adding one tablespoon sugar to the stiffly beaten white of the third egg, and beating well. Brown, and serve cold.

Cream Tart.

Line a dish with paste and fill with raspberries, made very sweet with powdered sugar. Cover with paste, but do not pinch it down at the edges. When done, lift the top crust, which should be thicker than usual, and pour upon the fruit the following mixture:

"One small cup of milk—half cream, if you can get it—heated to boiling; whites of two eggs beaten light and stirred into the boiling milk; one tablespoonful of white sugar, one-half teaspoonful of cornstarch wet in cold milk. Boil these ingredients three minutes; let them get perfectly cold before you put them into the tart. Replace the top crust, and set the pie aside to cool. Sprinkle sugar over the top before serving.

Mince Meat.

Two pounds of lean beef boiled until tender. When cold chop fine; one pound beef suet, also chopped fine; five pounds apples chopped, three pounds raisins seeded, two pounds currants, three-quarter pound citron, one-half pound lemon and orange peel cut fine, two tablespoons cinnamon, one tablespoon nutmeg, one tablespoon allspice, one tablespoon salt, two and one-quarter pounds brown sugar, two quarts boiled-down cider. Boil all together one-half hour. Take from the fire and add half pint brandy. Seal in jars.

Raisin Pie.

Put over the fire in a saucepan a cup of water, a cup of seeded raisins, one cup of sugar and a little nutmeg; thicken this mixture, after boiling for a few minutes with a little cornstarch or flour and bake with a top crust, cutting slits into this to let out the steam.

Strawberry Tartlets.

Make rich pie crust and line small scalloped tins. Press the pastry lightly to the bottom and sides of the tins, but do not press at the edges. Fill these tartlet moulds with dried beans, which you keep for this purpose, and place in a moderate oven for fifteen minutes. Pour off the beans and save them for another time, as they keep your pastry from burning and rising in unsightly blotches. Hull, wash and drain dry about forty-eight or fifty good sized berries. Turn into a bowl with three tablespoons of sugar and a tablespoon of rum or the same quantity of water, if you do not use liquor. Stir the berries lightly in the seasoning, then divide them equally among the six tartlets, arranging them neatly and pouring any sugar and liquor left over into the little pans. Bake ten minutes. Cool, remove from the tins, heap each tartlet with sweetened and whipped cream, adding a fresh strawberry and green leaf or strip of angelica to the top and serve cold.

Cream Pie.

Line a large granite pie plate with rich pastry; bake. Filling: One pint of thick sweet cream, whipped to stiff froth, one-half teaspoonful of vanilla and three tablespoonfuls of granulated sugar. Fill crust; dot with blackberry jelly.

Sour Cream Pie.

One cup sour cream, one cup sugar, one egg, two tablespoonfuls vinegar, two tablespoonfuls flour, salt, cinnamon and cloves to taste. Beat, and bake in two crusts.

Lemon Tarts.

Grate two whole lemons, add two cups sugar, three well-beaten eggs, piece of butter half the size of an egg. Mix the ingredients thoroughly and place over the fire, stirring until it boils up, and then set away to cool. This will keep all winter, and can be used for tarts any time by making nice crust.

Pumpkin Pie.

For each pie allow one and one-half cups stewed pumpkin, one cup of milk, half cup brown sugar, half teaspoonful of salt, half teaspoonful of ginger, cinnamon and two eggs. Bake with only bottom crust.

Lemon Pie.

Four eggs, yolks only; one cup sugar, two tablespoonfuls of butter, two tablespoonfuls of flour, three-fourths of a cup of cold water, two lemons; grate the rind and squeeze the juice. Beat eggs, sugar, flour and butter together until light; add water and lemon-juice and bake in moderate oven. When done, spread beaten whites (to which has been added one tablespoonful of sugar for each egg) on top, and brown lightly. This will make two pies.

Helen's Tart Shells.

Take two-thirds of a cupful of lard, one tablespoonful of white sugar, five tablespoonfuls of cold water, and the white of an egg, well beaten. Mold like pie-crust; cut out with your tart-shell cutter, and bake.

Snowflake Pie.

Beat three eggs until light; add a half cup of sugar and a half cup of cocoanut that has been soaked in a pint of milk for a half hour; add a teaspoonful of vanilla, and turn into a deep pie dish that has been lined with light paste. When the pie is about done, draw it from the fire, dust it thickly with sugar, and then with cocoanut, and again with sugar; run it back for just a moment to melt the sugar. Serve cold.

Strawberry Shortcake.

(My Own Recipe.)

Make a rich crust, bake in two layers, butter while hot and spread mashed and sweetened berries between and on top, and serve.

Buttermilk Pie.

Three eggs, three-fourths pint of sugar, one pint of buttermilk, one tablespoonful of butter, two tablespoonfuls of flour or cornstarch, one-half teaspoonful of cream of tartar; yolks of the three eggs and one white, using two whites for meringue.

Peach or Apple Custard Pie.

Line a pie plate with rich crust and cover bottom with sliced peaches or apples well sugared. Make a custard of three eggs and milk sweetened, and pour over fruit and bake. Fruit should be very ripe.

Lemon or Orange Pie.

One lemon or orange, grated; one cup granulated sugar; two yolks of eggs; one cup of cold water into which two heaping tablespoonfuls cornstarch has been stirred. Boil until thick in double boiler. Make a rich crust and bake on inverted pie pan, pricking with fork several times to prevent puffing up. Fill the crust with custard after both have cooled and cover with a meringue made of two whites of eggs beaten stiff and two level tablespoonfuls of sugar.

Cocoanut Pie.

One grated cocoanut, one quart of milk heated to boiling and poured over the grated nut, two tablespoonfuls of butter, four eggs, and sugar to taste. This makes two pies.

Lemon Pie.

One cup of sugar, one cup of milk, three eggs, one tablespoon flour, one tablespoonful butter, one lemon, grated rind and juice. Mix lemon with yolks and sugar and flour; add melted butter and milk and bake in deep pie plates, using a rich crust and the whites for meringue. This makes two pies.

Raisin Pie.

One cup of sugar, one box of seeded raisins, one pint of milk, yolks of four eggs, one tablespoonful cornstarch, and flavoring to taste. Mix all together and bake with a lower crust. When baked make a meringue of whites of eggs.

Chocolate Pie.

Yolks of three eggs, one-half cup of sugar, three tablespoonfuls grated chocolate, one tablespoonful butter, one cup of milk and one tablespoonful cornstarch. Boil in double boiler, let cool and fill crust; use whites for meringue.

Filling for Chocolate Pie.

Three eggs, one-half cup powdered sugar, one teaspoonful each of vanilla and lemon juice, three tablespoonfuls cocoa, two-thirds cup chopped nuts, one-half cup grated bread crumbs or graham crackers.

Lemon Pie.

One lemon, one cup sugar, two cups of water, two tablespoonfuls of flour or cornstarch and three eggs. This makes two pies.

Custard Pie.

Three eggs, one and one-half cups of hot milk, three tablespoonfuls sugar. Beat eggs, add sugar and milk, put in crust-lined pie pan and bake seven minutes.

Apple Dumpling.

One quart flour, one cup butter and lard, one teaspoonful baking powder, one teaspoonful salt. Moisten with milk, pare apples and core and fill space with sugar and wrap dough around each and bake.

Cheese Straws.

Into one cup of sifted flour chop a heaping tablespoonful of butter, add a saltspoon of cayenne, and one cup of grated cheese. Wet with cold water to a stiff paste, roll out thin, cut into strips and bake.

CAKE

"Aye to the leavening, but here's yet in the word hereafter the kneading, the making of the cake, the heating of the oven and the baking. Nay, you must stay the cooling, too, or you may chance to burn your mouth."—Shakespeare.

Some flour contains more moisture than others. That made from spring wheat is likely to be sticky and the same may be said of new flour generally. Any excess of moisture may be removed by drying before the fire. This will improve it and give better chance for success with the cake to be made from it. The proportions of ingredients should be carefully watched. Cake batter should be beaten thoroughly, with an upward motion of the spoon, and never by any means stirred. See that the oven is properly heated; if too hot the cake will brown at once and be burnt before the inside has fairly commenced to bake; if not hot enough

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the cake will not rise. A general rule is that a hotter oven is required for small cakes than is necessary for larger ones. Always have eggs cold before whipping. Placing them in a bucket of fresh cold water will make them beat stiffer and lighter. Grease the pan well and line with greased paper, placing also a sheet of clean, white paper on top when the cake is first placed in the oven in order to prevent the sudden formation of a top crust which would interfere with the rising of the cake. Remove the paper from the top when the cake has become thoroughly heated and well raised, otherwise it will not brown. Only good, sweet butter should be used, as the flavor of the cake is largely dependent upon it. Fruit should be put in with the flour. In mixing the ingredients for cake the most generally accepted plan is to cream the butter and sugar together, add the yolks of the eggs, follow with the milk and finish by alternating the flour and whites of eggs.

Home-made Baking Powder.

One pound of cream of tartar, one-half pound of cornstarch, one-half pound of baking soda or salaratus.

Preparing Pastry Flour.

Prepare your own pastry flour by adding cornstarch to regular bread flour in the proportion of one part cornstarch to five parts of bread flour, sifting several times. This process reduces the percentage of gluten which often causes cakes to be tough.

In Cake Making.

When butter and sugar are separating keep over ice.

Put cake in and light oven and keep oven slow.

In baking fruit cake use tin pan under cake pan; bake on a rack about five inches from light and have a pan of water underneath. Use paper (greased) on pan.

When turning cake out of pan, sprinkle sugar on paper to prevent sticking.

To Decorate Cakes and Salads.

Use a piece of linen paper, size 8x11; form a cornicopia or tube, pin in place, cut a V in end and equeeze dressing or icing through.

Use lemon and vanilla extract for cake with whites and yolks.

To Freshen Stale Cake.

To freshen stale cake dip it for a second in cold milk and then rebake it in a rather cool oven. Cake that has been treated in this way will taste as if it had been newly baked, and may be eaten by anyone. Stale bread may be treated in the same way.

Angel Food.

Nine large eggs (or ten small ones), one-quarter cup sifted granulated sugar, one cup sifted flour, half teaspoonful cream tartar, a pinch of salt added to eggs before beating. Sift flour four or five times; measure and set aside one cupful, then sift and measure one and one-quarter cups granulated sugar, beat whites of eggs about half, then add cream tartar and beat until very, very stiff; stir in sugar, then flour very lightly. Put in pan in a moderate oven at once—will bake in thirty-five to fifty minutes.

Angel Food.

Beat the whites of eleven eggs to a stiff froth, five ounces flour sifted five times; after sifting four times weigh the five ounces, put one teaspoonful of cream of tartar in and then sift the fifth time and twelve ounces of sifted sugar.

Angel Cake.

Beat whites of nine eggs until stiff, add one-half teaspoonful cream of tartar, one and one-quarter cups of granulated sugar, stir and add one cup of flour, sifted three times before measuring; extract (vanilla). Bake in quick oven from twenty to twenty-five minutes. You can add fruit.

To Form a Cake Ring.

Cut out center, then use center, cut in two for the second ring, fill in with whipped cream; ice the whole and decorate; add one-half cup of sugar to one quart of cream for cream.

Cream Sponge Cake.

Two eggs beaten separately, one cup (heaping) flour, one cup sugar, three-fourths cup of sweet cream, one teaspoonful soda, two teaspoonfuls cream of tartar; beat hard and add whites.

Angel Cake.

Whites of nine large or ten small eggs, one and one-fourth cups of sifted granulated sugar, one cup of sifted flour, one-half teaspoonful of cream of tartar. Add pinch of salt to whites before beating. Beat about half and then add cream of tartar and beat very stiff. Stir in sugar gradually and flour lightly. Bake in very moderate oven thirty-five to fifty minutes in pan not greased. Turn pan upside down until cool.

The President's Wedding Cake, 1915.

THE RECEIPTS.

Materials Used.

Nine cups flour, sifted; four cups sugar, granulated; two and one-quarter cups butter, uncolored, unsalted; three cups milk, skimmed; one-half teaspoonful each violet and vanilla extract; one teaspoonful rose water; three drops lemon extract; fifteen egg whites; nine level teaspoons Calumet baking powder.

Quantities above are two and one-half times amount required for usual family size.

Preparation.

Assemble all materials before beginning the mixing.

Prepare heart-shaped pan eighteen inches in diameter by placing note paper on the bottom to just reach the sides.

Grease the sides one inch up and any portion of the bottom not covered by the paper. Do not grease the paper.

Sift the flour once before measuring. Measure into the sifter, add the baking powder and sift five times.

Cream the butter, add sugar gradually, and cream until white and fluffy.

Whip the egg whites with a large egg whip until the dish can be inverted.

Whip the egg whites lightly into creamed butter and sugar. Pour in the milk, sift in the flour, and beat until perfectly smooth. Add the flavoring.

Place in a warm oven, temperature about 220 Fahr. Bake at low point of heat, and allow to rise as high as it will before browning over the top. Time for this large cake was two hours.

Meringue Icing.

Materials for Syrup: Four and one-half cups granulated sugar, one and one-half cups water.

Materials for Meringue: Six egg whites, six tablespoon-

fuls granulated sugar, one and one-half teaspoons baking powder.

Materials for Finish: Three egg whites, six drops rose water.

Quantities above are two and one-half times amount required for usual family size.

Preparation.

Make syrup that will crack when dropped in ice water.

Whip the six egg whites until stiff. Add the six tablespoons sugar and whip. Then whip in the baking powder.

Whip in the syrup until all taken up and it will hold its shape when lifted up on the egg whip.

Then whip in the three extra unbeaten egg whites and rose water.

If weather is damp it may be well for the amateur to add first about one-half of the egg white, whipping up lightly, later adding balance.

Chocolate Angel Cake.

Beat the whites of five eggs until they are foamy but not dry. Add a scant half teaspoonful of cream of tartar and beat again, this time they should be whipped until dry. Sift together four times half a cupful of flour, one-quarter of a cupful of powdered cocoa and one cupful of powdered sugar. Gradually cut the egg whites into the dry ingredients, add one teaspoonful of vanilla extract and pour into a round ungreased tin with a tube in the center. When the cake is cold, cover with boiled frosting. Chopped raisins or walnuts may be added to the frosting if desired.

Sponge Cake.

Five whole eggs, beaten separately; one and one-fourth cups of granulated sugar, one and one-fourth cups of flour; three tablespoonfuls cold water, flavoring to taste. Beat whites stiff, add sugar, then yolks beaten stiff with water and flavoring added and beat hard, and lastly, fold in the flour.

Jelly Roll.

(Mix as directed, or cake will be a failure.) Two eggs, one cup of flour, three-fourths of a cup of sugar, one teaspoonful of baking powder, not heaping, and if stiff add a little warm water.

Fruit Cake.**(My Own Recipe.)**

Two scant cups of butter, three cups of dark brown sugar, five eggs, whites and yolks beaten separately, one pound seeded raisins, one pound of currants, one-half pound of citron, cut in strips; one-half pound of blanched almonds, three-fourths pound of mixed nuts (chopped), also one-half cup of molasses, one-half cup sour milk. Stir butter and sugar to a cream and add half a grated nutmeg, one tablespoonful of cloves, one teaspoonful allspice and one teaspoonful of mace; then add molasses and sour milk. Stir well, then put in beaten yolks of eggs, a wine-glass of brandy, then add four cups of sifted flour, alternately with beaten whites. Dissolve a teaspoonful of soda and stir in mixture. Mix the fruit together with two heaping tablespoonfuls of flour and stir in cake. You can add dates and figs and marashino cherries. Bake in a moderate oven two hours; after it is baked, let it cool in pan.

Strawberries En Casserole Sponge.

Bake a sponge mixture in a plain, deep pan. When cold cut off the top of the cake. Scoop out the cake, ice both top and bottom with a white icing. Line the cake with whipped cream and fill with fine strawberries. Bring to the table with the top on. The top may be garnished with large, uncapped berries and with leaves cut from thin slices of citron which has been soaked in water colored a deep green. Serve with an abundance of rich cream.

Sponge Cake.

For six persons. One cup pulverized sugar, one cup flour, one-third of a cup of sweet milk, three eggs, two teaspoonfuls of baking powder. Beat whites and yolks of eggs separately and thoroughly. Add whites last. Mix, and bake in hot oven.

Cream Filling for Sponge Cake.

One egg, one piece of butter (small), one-half cup of sugar, one-half cup of milk, one teaspoonful of cornstarch. Boil in pan of hot water.

Bryan Cake.

Two cupfuls of sugar, half a cupful of butter, two eggs, one cupful of cream, three cupfuls of flour, one teaspoonful of cream tartar.

White Fruit Cake.

Cream half a cupful of butter with a cupful of sugar. Have ready a half-pound of grated cocoanut, half a pound of blanched almonds, cut into strips, and half a pound of shredded citron. Add to the butter and sugar the whites of four eggs beaten light, stir in a teaspoonful of baking powder and enough flour to make of the proper consistency. Put in the fruit last, with half a teaspoonful of almond extract, and bake in a loaf. Frost with boiled icing.

White Fruit Cake.

One pound of white sugar, one pound of flour, one-half pound of butter, whites of twelve eggs, two pounds of citron cut in thin, long strips, two pounds of almonds blanched and cut in strips, one large cocoanut grated. Before the flour is sifted, add one teaspoonful soda, two teaspoonfuls cream of tartar. Cream the butter and sugar and beat; then add the whites of eggs and flour. After beating the batter sufficiently, add about one-third of the fruit, reserving the rest to add in layers as you put the batter in the cake mold. Bake slowly and carefully as you do other fruit cake.

White Loaf Cake.

Cream, three-fourths cup of butter and one and one-fourth cups sugar (warmed), add whites of seven eggs whipped lightly, one-half cup water and two and one-half cups flour sifted once before measuring and two teaspoonfuls baking powder in flour, extract last. You can add candied cherries and fruits and nuts and more flour for fruit cake.

Snowball Cakes.

Take an angel food cake. Scoop out rounded spoonfuls and dip in warm boiled icing, then roll in grated cocoanut.

Rum Cake.

Bake cake in layers and then add rum to a cream filling.

To Decorate.

To make morning glories use four dark colored, and shape like you would chocolates.

Gold Cake.

Cream one-half cup butter and one and one-fourth cups sugar (warmed), yolks of eight eggs beaten stiff, extract (lemon), three-fourths cup of water and one and one-half cups of flour stirred in altogether; teaspoonful of baking powder.

Snow Cake.

(Measurements are level.)

This recipe makes a good-sized loaf or a layer cake, using only the whites of two eggs. Cream one-fourth cup of butter and one cup of sugar, then add one-half cup of sweet milk and one and two-thirds cups of flour, sifted with two and one-half teaspoonfuls of baking powder, adding flour and milk alternately and then fold in the whites of two eggs beaten stiff. Flavor with one-half teaspoonful of vanilla.

Lady Baltimore Cake.

Make six-egg white cake. Flavor with rosewater and ice with white icing. Put the following in filling: One cup raisins, cut; one-half cup figs, if liked. Mix with icing and put between cake. Ice plain and put fruit on top of cake. The same kind, only use raisins whole, nuts in half and figs in strips.

Black Walnut Cake.

One cup of sugar, four tablespoonfuls of butter, seven tablespoonfuls of sweet milk, one tablespoonful of cornstarch, one and one-half cups flour, three teaspoonfuls of baking powder, the whites of two eggs well beaten and one cup of chopped walnut meats. Mix the flour, cornstarch and baking powder together. Stir the sugar and butter well, add the milk, then the flour and the whites of eggs. Then put in walnut meats floured. Bake in quick oven.

Jenny Lind Cake.

Cream one tablespoonful butter and one cup of granulated sugar, beat in the creamed yolks of two eggs, sift two cups of flour and one level teaspoonful of baking powder. Add this to creamed butter, etc., then add a wine-glass of orange flower water, beat well, and then fold in gently the beaten white of one egg. Bake in layers and add chopped raisins and figs to filling.

Lady Baltimore Cake.

Two-thirds of a cup of butter, five eggs, two cups of sugar, four cupfuls of flour, one-half cup of rich milk, two level teaspoonfuls of cream tartar, one level teaspoonful of soda. Cream half of the sugar with the butter, beat the rest of the sugar into the yolks of the eggs, sift the cream of tartar and soda twice in the flour. Beat the eggs, butter and sugar together and add the milk slowly; finally whip in the flour and the stiffened beaten whites of the eggs. Flavor half the cake with rosewater, and into the other half beat a teaspoonful, each of powdered cinnamon and cloves and one-half grated nutmeg. Flavor with vanilla, lemon or almond. Bake in four layer-cake pans, having two white layers and two spiced layers.

Filling for Lady Baltimore Cake.

Cut fine one cup of seeded raisins, shred fine one-half citron melon; grate a small cocoanut and blanch three-fourths pound of shelled almonds. Make an ordinary boiled icing and beat into it all these ingredients except the almonds. Put the mixture thickly between the layers. Finish the top layer, which should be a white one, with sprinkled powdered sugar, sticking the almonds, porcupine fashion, in the cake.

Washington Pie.

Two whole eggs beaten separately, one-third cup of butter, two-thirds cup of sugar creamed, and add to yolks; then add one-third cup of sweet milk, then fold in whites and add one and one-half cups of flour and two teaspoonfuls of baking powder. Bake in two layers, using paraffine paper.

Custard Filling.

Three-fourths cup of granulated sugar, one and one-half cups of boiling milk, yolks of two eggs and one tablespoonful of flour and vanilla to flavor. Boil in double boiler, put between layers and use meringue on top.

Cream Cake.

One cup of thin sour cream, two cups of sugar, one-fourth cup of butter, three cups of flour, three eggs, one-half teaspoonful salt, one-half teaspoonful of soda, one teaspoonful of baking powder, one teaspoonful of vanilla, and one cup of seeded raisins.

A New Chocolate Cake.

(Made with Crisco at half butter expense.)

One-third cupful Crisco, one-half teaspoonful salt, one cupful sugar, one-fourth cupful grated chocolate, three eggs, one-half cupful milk, one and one-fourth cupfuls flour, three teaspoonfuls baking powder, one teaspoonful vanilla extract, one-half cupful chopped nut meats, one-half cupful sultana raisins, one and one-half tablespoonfuls fruit juice, boiled frosting, melted chocolate and cake ornaments, one-half cupful ground almonds. (Use level measurements.)

Add salt to Crisco and cream it with sugar, add chocolate, yolks of eggs well beaten, vanilla, milk, flour sifted with baking powder, nuts, raisins, fruit juice, and whites of eggs beaten to stiff froth. Mix carefully and turn into a Criscoed and floured cake tin and bake in moderate oven fifty minutes. Cool and cover with boiled frosting; dust sides with ground almonds, and as soon as frosting is set, spread melted chocolate over top.

Cocoanut Puffs.

For cocoanut puffs use the whites of three eggs, one cup of white sugar, one teaspoonful vanilla, one teaspoonful cornstarch and two cups shredded cocoanut. Beat the whites stiff, then add sugar and heat over hot water until it forms a crust on the bottom. Remove from the hot water and add other ingredients, then bake on greased tins in hot oven.

Good Common White Cake.

Whites of four eggs, two cups sugar, one cup butter, one cup milk, three cups flour after sifted, two heaping teaspoonfuls of baking powder. Flavoring to taste. While creaming butter and sugar, add a little of the unbeaten whites of eggs and a little milk at a time until all whites of eggs and milk are used, then stir in two and a half cups of flour, then add baking powder to flour remaining, and stir in.

Hazelnut Cake.

Nine ounces of flour (a pint of sifted flour, heaping measure), four ounces butter, four ounces of sugar, four ounces of sugar, four ounces chopped hazelnuts, four eggs, teaspoon of vanilla, one-quarter teaspoonful of salt, teaspoonful of baking powder. Bake in shallow pan in medium oven and when cold ice with boiled icing.

Small Nut Loaf Cake.

An emergency cake, easily prepared, yet delicious, which may be baked in layers, paddipans or a loaf:

Ingredients: One-half cup butter, one cup sugar, three eggs, one-half cup milk, one and three-quarter cups flour, four teaspoonfuls baking powder, one-half teaspoonful vanilla extract, three-quarters of a cup of broken nut meat.

Cream the butter and sugar. Sift the baking powder with the flour. Add the milk and flour to the creamed butter and sugar, as directed for white loaf. Mix thoroughly, then add a whole unbeaten egg. Mix this into the cake mixture, then add another egg and beat. Finally add the third egg and then the extract and nut meats.

Bake in the medium-sized dripping pan in a moderate oven. Frost with caramel icing. The nuts may be omitted from the cake and added to the frosting or omitted altogether. This cake is best when fresh.

Hickory Nut Cake.

Beat to a cream one-half cup of butter and two cups of sugar. Add the yolks of two eggs beaten light and stirred in with a cup of rich milk. Sift together in another bowl three cups of pastry flour, a teaspoonful of cream of tartar and a half teaspoonful of soda. Mix with the other ingredients, beat well and then stir in two cups of seeded raisins dredged with flour. Fold in the whites of two perfectly fresh eggs beaten to a stiff froth, and bake in a moderate oven about an hour. This cake may be flavored with a grating of nutmeg, a bit of mace, or vanilla, as preferred.

Hickory Nut Cake.

Cream half a cupful of butter, add a cupful of sugar and cream together, then two eggs and vanilla to flavor. Beat thoroughly, add a cupful of chopped hickory nut meats mixed with half a cupful of flour; then alternately half a cupful of milk and a cupful of flour. Mix a level tablespoonful of baking powder with the last quarter of a cupful of flour. Bake in a sheet about an inch in thickness.

Put two cupfuls of granulated sugar and two-thirds of a cupful of rich milk or thin cream into a buttered granite saucepan. Cook to the soft ball stage, add a cupful of chopped hickory nut meats and vanilla to flavor and stir until creamy. Melt over hot water, stirring constantly; then spread on the cake.

The Recipe for Old-Fashioned Wedding Cake.

Fruit for this should be prepared in advance as follows: Six cups of currants, washed, dried and picked. Three cups sultana raisins; three cups of citron, cut in fine strips; one-half cup candied lemon peel, two cups of almonds, bunched and cut in shreds. In a warm bowl mix four cups of butter and four cups of sugar, granulated or confectioner's, beat these together until very light. Break ten eggs into another bowl, but do not beat them. Cover a platter with a big sheet of paper; sift four pints of flour over this, add the fruit and the following spices: Two teaspoons each of nutmeg, mace and cinnamon, one tablespoon each of cloves and allspice. Mix these together and stand aside ready for use. Have ready in a little pitcher one-half pint best brandy. Select a deep cake tin and grease with butter, line it inside with white paper and on the outside and bottom with four or five thicknesses of very coarse wrapping paper, which you must tie on. Have your oven hot and the fire banked so it will not burn out quickly. Now beat the butter and sugar once more, add the eggs two at a time, beating the mixture after each addition. When the eggs are all used, turn in the flour and fruit with brandy, mix thoroughly, pour into the prepared cake tin, cover with several thicknesses of brown paper, and bake eight hours, keeping the oven steady and clear. Remove from the oven and allow it to stand on tin sheet until quite cold. Ice with a thin coat of white icing top and sides and stand in a cool oven to dry, then give it a second coat of thick icing and ornament according to fancy. An icing made of white of egg, a few drops of cold water and confectioner's sugar is the best for the thick icing.

An excellent white cake for the bride to cut is this: Take the whites of eight eggs stiffly beaten, one pound of sugar, one pound of flour, one cup of sweet milk, one-half pound of butter (scant), one-half teaspoonful of soda, two teaspoonfuls of cream of tartar. Cream the butter and sugar and add slowly the milk and soda, dissolving the soda in tepid water. Sift the cream of tartar with the flour and add the flour alternately with the whites of eggs. Flavor with vanilla and bake in a square loaf, or a round tube tin.

Daisy Cake (White).

Six eggs (whites), three cups flour, one and three-fourths cups sugar, one cup of sweet milk, one cup of butter, three teaspoonfuls baking powder. Use coloring and vanilla flavoring.

Solid Chocolate Cake.

Put one cupful of granulated sugar, a piece of butter the size of an egg and two squares of chocolate in a mixing pan and place on the back of the stove or over a kettle of hot water where the ingredients will melt but not boil. When they have melted stir and add the beaten yolk of one egg (reserving the white for the frosting), one cup of sour milk, a large pinch of salt and a teaspoonful of vanilla. Stir well together and add one cupful of flour, in which a level teaspoonful of soda has been sifted. Stir well, add three-quarters of a cupful of flour and bake in a slow oven.

Hard Times Cake.

One cup sour cream, one cup light brown sugar, one-fourth cup of melted butter, one egg, two cups of flour, one teaspoonful each of soda and salt and one teaspoonful ginger. Bake in flat tin and frost with icing made of confectioner's sugar, thinned with a little hot water and flavored with vanilla.

White Caramel Cake.

Two cups of sugar, one-half cup butter, one cup of sweet milk, three eggs, three cups of flour, two teaspoonfuls of baking powder.

White Caramel Filling.

Two cups of granulated sugar, one cup of cream, two-thirds cup of butter. Boil until it forms a soft ball in water, flavor and beat until creamy.

Delicious Devil's Food.

One cup of butter, one cup of granulated sugar, one cup brown sugar, one cup sweet milk, four cups of flour, one-half cup molasses, one-half cup chocolate, one-half cup boiling water, four eggs, one teaspoonful cream of tartar, one-half teaspoonful soda, allspice, cloves and cinnamon (one teaspoonful), one-half nutmeg, two cups raisins, one cup citron and English walnuts (one cup).

1-2-3-4 Cake.

One cup of butter, two cups of sugar, three cups of flour, two teaspoonfuls of baking powder, four eggs, three-fourths cup of milk; flavor.

Lady MacMillan Cake.

Six whole eggs, one cup of butter, two cups sugar, one cup of milk and three and one-half cups of flour, sifted three or four times with four level teaspoonfuls baking powder; three teaspoonfuls of cinnamon, one-half teaspoonful of nutmeg, one tablespoonful melted chocolate; dissolve spices in blackberry cordial; one cup of blackberry or strawberry jam.

Chocolate Cake.

One cup sugar, one-half cup butter, one egg (beaten separately), one cup buttermilk, two cups flour, one teaspoonful cinnamon, three teaspoonfuls grated chocolate, one teaspoonful soda, one cup chopped nuts, one cup raisins. Dissolve soda and chocolate in boiling water and add last. Bake in layers with filling or in loaf tin about one hour.

Chocolate Cake.

Two cups of sugar, one-half cup of butter, one-half cup of sour milk or cream, one-third cup grated chocolate (sweet), two eggs, three cups flour, one teaspoonful baking powder (level), one teaspoonful soda, one-half cup boiling water, added last.

Filling: Two cups granulated sugar, one-half cup butter, one-half cup sweet milk. Cook until it forms a ball in water and beat and spread on cake when cold.

Chocolate Nut Cake.

Beat one and a quarter cupfuls of sugar with half a cupful of butter to a cream. Add the well-beaten yolks of three eggs, one-quarter of a teaspoonful of ground cinnamon, one-eighth of a teaspoonful of ground allspice and two and a quarter squares of chocolate that has been melted over hot water.

Mix well and add alternately three-quarters of a cupful of milk and one and a half cupfuls of flour that has been sifted with two teaspoonfuls of baking powder. Beat again thoroughly; then stir in three-quarters of a cupful of broken nut meats, and lastly the egg whites whipped stiff. If this cake is baked in a loaf, it must be cooked slowly. It makes an excellent layer cake. Frost with marshmallow frosting.

Devil's Food Cake.

To make the cake cream together one-quarter of a cupful of butter with one cupful of sugar; add two squares of bitter chocolate, that have been melted over hot water, two lightly beaten eggs, one-third of a cupful of sour milk, in which has been stirred one level teaspoonful of baking soda, one teaspoonful of vanilla extract, one heaping cupful of sifted flour. When the ingredients have been well beaten, stir in quickly half a cupful of boiling water. Bake in a square shallow pan, that has been well greased, in a moderately heated oven. Ice when cold with boiled frosting flavored with vanilla.

Devil's Food.

First part: Cream three-quarters of a cup of butter and one cup of granulated sugar, four eggs beaten separately, two heaping cups flour with one teaspoonful soda sifted in and one-half cup sweet milk, and add whites of eggs last.

Second part: Now take one-fourth cake bitter chocolate, one cup sugar, one-half cup milk; let dissolve and heat but not boil, and when cold add to first part. Bake in two layers and put together with icing.

Devil's Food.

Two cups granulated sugar, one-half cup butter, two eggs, one tablespoon vanilla, two cups flour, two tablespoonfuls chocolate with a teaspoonful (level) soda, also add one-half cup of boiling water and add to rest. Use a caramel filling.

Prize Chocolate Cake.

Two cups sugar, one cup butter, one cup milk, three cups flour, four eggs beaten separately, one tablespoonful of baking powder. This makes three big layers.

Filling: Three cups of light brown sugar, one-fourth pound of Baker's chocolate, butter size of a walnut and one-half cup of cream; vanilla to taste. Boil about three minutes, beat till cool and spread.

Sugar Cookies (Without Eggs).

Two cups sugar, one cup butter, one cup sweet milk, two small teaspoonfuls soda, and one heaping teaspoonful cream of tartar. Mix soft.

Date Cake.

Cream three-quarters of a cup of butter and one and one-half cups of fine granulated sugar together, add the yolks of three eggs which have been beaten until lemon-colored. Add three cups of pastry flour in which have been sifted four level teaspoonfuls of baking powder and one-half cup of milk, a teaspoonful of vanilla, and last, the beaten whites of three eggs beaten stiff and two-thirds of a cup of dates, cut fine and rolled in flour. Bake three-quarters of an hour in a long, deep tin. Make a boiled icing and decorate with dates which have been stoned.

Do not hurry a cake from the pan when first taken from the oven, but turn the pan over on to a wire rack and let it steam off. If the pan was buttered properly, dredged with flour and given a sharp rap to shake out all that did not stick to the butter, the cake will not stick. It is more work to paper the pans and entirely unnecessary.

Cake-making is full of difficulties compared with other branches, but it is the first to interest the amateur cook if left to her own choice. Beginners in cooking are apt to start at the wrong end of the list of things to be learned.

Chocolate Cream Cake.

Three eggs (beaten separately), two and one-half cups flour, one and one-fourth cups sugar, one cup sweet milk, one cup (scant) butter, three teaspoonfuls baking powder, one-fourth pound bitter chocolate (melted), one tablespoonful vanilla, two cups XXXX sugar, four tablespoonfuls evaporated milk, one tablespoonful butter.

Jam Cake.

Two cups of sugar, one and one-half cups of butter, six tablespoonfuls of buttermilk, two teaspoonfuls of soda, sifted in flour; two teaspoonfuls each of cinnamon, allspice, cloves and nutmeg, two cups of jam, four cups of flour, six eggs beaten separately, putting jam in last. Bake in layers with filling between.

For almond and date gems, stir the well-beaten yolks of two eggs into a pint of sweet milk and add a teaspoonful of salt and three cupfuls of flour sifted with a teaspoonful of baking powder. Then add a cupful of dates and almonds in equal proportions chopped very fine. Fold in the stiffly-beaten whites of the eggs and bake in buttered gem tins.

Coral's Spiced Marble Cake.

White part: Cream together one-quarter cupful of butter and three-fourths of a cupful of granulated sugar. Add one-half cupful of sweet milk, then two cupfuls of flour containing one teaspoonful of baking powder. Thoroughly mix, then add the beaten whites of two eggs. (If a pinch of salt be added to the whites, they will beat much more quickly.)

Dark part: Now, in a separate bowl, cream three-fourths of a cupful of granulated sugar with one-quarter cupful of butter, and add the yolks of two eggs which have previously been well beaten. Beat in one-half cupful of sweet milk; sift in two cupfuls of flour containing one teaspoonful of baking powder; and add one teaspoonful each of cloves and cinnamon, two tablespoonfuls of powdered cocoa, and one cupful of raisins. Take two or three spoonfuls of each kind of batter, and place in pan alternately until all is disposed of. Bake in a moderately slow oven. This cake may be varied by placing red sugar in white part, and by omitting raisins, spices and cocoa from dark part.

Prune Spice Cake.

Remove the pits from one and one-half cups of prunes and cut the prunes into small pieces. Add one-half cup of seedless raisins, one-half cup of molasses and cook gently twenty-five minutes. Cool before using. Cream one-half cup of butter with one-half cup of sugar, add two well beaten eggs, one-fourth cup of milk and the molasses mixture. Mix well, add one and one-half cups of flour sifted with one teaspoon of baking powder, a pinch of salt, one-half teaspoonful each of cloves and cinnamon and one-fourth teaspoonful nutmeg. Beat well and bake in a buttered, floured pan in a moderate oven.

Date Macaroons.

This recipe makes about sixty macaroons and they will be found delicious to serve with any kind of ice cream, or else with coffee, tea or cocoa.

Beat the whites of four eggs very stiff; add slowly two cupfuls of powdered sugar and beat until the ingredients are very light. Have in readiness the contents of a ten-cent package of dates stoned and chopped and one-third of a pound of shelled pecan nuts, also chopped. Flour the dates and nuts and gradually add them to the eggs and sugar. Drop in small spoonfuls onto buttered tins and bake slowly until perfectly dry and slightly brown.

A Polyschematist Cake.

The word "polyschematist," according to Webster's unabridged dictionary, is an adjective meaning: "Having or existing in many forms or fashions." Therefore it seems to me quite the correct title for this delicious cake. It may seem to many housekeepers to be mixed backward; but the proof of the cake, as we all know, is in the eating.

To prepare, put the whites of two eggs into a bowl, beat to a stiff froth, add two cupfuls of sugar and beat again until very light. Soften two-thirds of a cupful of butter, gradually add this to the egg mixture and when thoroughly blended in, mix in—three cupfuls of flour, which has been sifted alternating—one cupful of sweet milk and with two teaspoonfuls of baking powder. Beat until the batter is full of air bubbles and add one teaspoonful of flavoring.

Now for the variations. If you have only two eggs and want to make a white icing, use the yolks of the eggs for the cake with a little extra milk to make the same amount of liquid that the whites would make. Then use the egg whites for boiled frosting.

A small amount of cocoa, melted chocolate or spices added to the original recipe make very pleasing variations, and the batter may be divided and marble cake made.

Chopped nuts and fruits may be added to either batter or frosting. Water can be used in the place of milk, and when making spice or chocolate loaf cake other shortening may be used in the place of butter.

This formula may be baked either as a loaf or layer cake, and the quantity given will make about three dozen little cakes if baked in patty-pans.

Do you like cookies but dislike the work of rolling and cutting them out? Then try dropping small spoonfuls of this batter far enough apart on a greased pan to allow for spreading.

Almond Macaroons.

Three cups ground almonds, two cups sugar, one and one-half tablespoonfuls rice flour, six whites of eggs, one-half teaspoonful almond extract, one-half teaspoonful vanilla extract, six blanched almonds, a few sheets of wafer paper. Mix the almonds, sugar and rice flour, add whites of eggs and beat mixture with a wooden spoon for ten minutes, or until it becomes white. Must be soft, but not so much so that it loses its shape when molded. Add the extracts and put mixture in a forcing bag with a plain tube; lay paper on tin, force out the mixture and bake in a moderately hot oven twenty-five minutes.

Washington Cakes.

Beat together until smooth four ounces of white sugar, eight ounces of sifted flour and the yolk of one egg; add four ounces of butter dissolved in one-half teacup of hot sweet milk, a large spoon of orange-flower-water and a pinch of salt, beat well until mixed, then make stiff enough to roll out, cut in rounds and bake. When they are cool frost with white icing and decorate with candied cherries and citron.

Rainbow Cake.

Whites of four eggs, one cup of sugar, one-half cup of sweet milk, one-half cup of butter, two cups of flour, two teaspoonfuls of baking powder, flavoring. Bake in gem pans and color icing different colors and pile all on one plate. Cream sugar and butter, add a little flour (sifted with baking powder), then add some of the whites (whipped stiff), then a little milk and so on.

Standby Cake Without Eggs.

Cream a half cup of butter with one and one-half cups of sugar, add a teaspoonful each of lemon and vanilla extract, a half teaspoonful of cloves, a teaspoonful of cinnamon, a level teaspoonful of baking soda sifted with three scant cupfuls of flour, one cup of sour milk and one cup of raisins chopped and dredged with flour. Mix well and bake in a dripping pan for half an hour.

Sally Lunn.

Two eggs, one cup each of sugar and of milk, two large tablespoonfuls of butter, two cupfuls of flour, two even teaspoonfuls of baking powder, one teaspoonful of extract of vanilla. Bake, and while hot split open with a warm, sharp knife, and butter. It is very nice with coffee or tea.

Cake Without Eggs or Milk.

A frugal cake is a sensible economy worth working out in these days of high priced provisions, and you may be sure this one is as good as it is inexpensive. One cup of butter, one cup of brown sugar, one cup of molasses, one cup of coffee, one teaspoonful of cinnamon and cloves and nutmeg, two teaspoonfuls of baking powder, flour for stiff dough, and add last of all two cups of dredged raisins.

Afternoon Tea Scones.

Sift a quart of flour three times with two teaspoonfuls of baking powder and one of salt. Chop into this a tablespoonful of butter and one of lard for shortening. Mix in a bowl with a wooden spoon into a dough by adding three cupfuls of sweet milk, or enough to make a soft dough. Do not touch with your hands. Lay the dough upon your kneading board and roll into a sheet half an inch thick. Cut into round cakes with your biscuit cutter and bake upon a soapstone griddle to a light brown. Split and butter while hot.

Line a tray or plate with a folded napkin and lay in the scones, folding the corners of the napkin over them to keep them hot.

Eggless, Butterless, Milkless Cake.

One cup of brown sugar, one cup of water, one cup of raisins, one cup of currants, one-third of a cup of lard, one-quarter of a nutmeg, two teaspoonfuls of cinnamon, one-quarter of a teaspoonful of cloves, one-quarter of a teaspoonful of cloves, one-quarter of a teaspoonful of ginger.

Boil these ingredients three minutes, cool, then add one teaspoonful of soda, dissolved in hot water, one and one-half cupfuls of flower (sifted), to which has been added one-half a teaspoonful of baking powder. Bake in a moderate oven.

This is not only a very inexpensive cake, but a delicious one.

Apple Gems.

To make apple gems, have ready four large sour apples peeled and minced. With them, mix a quarter of a cupful of molasses, an egg beaten well, half a teaspoonful of soda dissolved in a little hot water and a cupful and a half each of fine cornmeal and flour sifted with a teaspoonful of baking powder. Stir in enough sweet milk to make a thin batter and bake in buttered gem tins.

Dessert Puffs.

Take one pint each of milk and cream, the whites of four eggs beaten to a stiff froth, one heaping cup sifted flour; add a little grated lemon peel and a little salt. Beat these together until very light, bake in gem pans, sift pulverized sugar over them, and eat with a sauce flavored with lemon.

Strawberry Shortcake.

Every man will tell you that the noonday delusion and snare in downtown lunch rooms is strawberry shortcake. What he gets there is rather stale, very yellow, sponge cake, with stale, tasteless berries crushed between the layers and half-sour cream whipped or beaten meringue on top of all. What he wants is the sort of shortcake mother used to make and here is the recipe:

One quart of flower in which has been sifted a pinch of salt, two tablespoonfuls of sugar and three teaspoons of baking powder. Into this rub half a cup of butter, and work into the softest possible mass you can handle with milk. Roll out to an inch thickness, bake in a moderate oven (about twenty-five minutes is required), and slip into a large plate or platter. When cold enough to handle, split and butter lightly. Pile the first layer with berries which have been hulled, chopped a little with a silver knife, sugared thoroughly and allowed to stand while the cake was baking. Lay over this the top layer, stud thickly with berries and shower with powdered sugar. Serve warm with cream and milk, half and half.

Cakes for Afternoon Tea.

Dainty little cakes for the afternoon tea may be baked in tins of fancy shapes, iced, sprinkled with broken nut meats and dotted with candied fruits. An excellent old rule for cake calls for an equal weight of eggs, flour, butter and sugar. Cream the sugar and butter together very thoroughly. Then drop in the eggs one by one, beating each after it goes in until the mixture is very foamy. After the beating has made the batter as frothy as possible, fold in the flour. Bake this cake slowly. Otherwise it will be tough.

Ginger Cake.

Five cups of flour, one cup of butter and lard, one cup of molasses, one cup of boiling water with two teaspoonfuls soda, two whole eggs, two teaspoonfuls of ginger, two teaspoonfuls of cinnamon, two teaspoonfuls of cloves and one teaspoonful of nutmeg.

Spice Cake.

One and one-half cups sugar, one-half cup butter, one-half cup sour milk, two cups raisins chopped, three eggs, half a nutmeg, one teaspoonful cinnamon, cloves and saleratus; mix stiff and bake in loaf in moderate oven.

Fine Strawberry Shortcake.

Stir half cupful butter to a cream, with one cupful powdered sugar, add the grated rind of half a lemon, stir until white and frothy. Then add two whole eggs. Sift two cups flour with one heaping teaspoonful baking powder and add it alternately with three-quarter cup of milk to this preparation. Stir until the ingredients are well blended. Butter two medium-sized jelly tins, dust them with flour, pour in the mixture and bake in a not too hot oven. When done and cold, put the layers over one another, with a layer of strawberries between and on top. The strawberries should be rinsed off with cold water, well drained, and sprinkled with sugar. Serve with cream.

Or the strawberries may be crushed with a silver fork, sweetened with sugar, and five minutes before serving put them between the cake layers and on top and cover each layer with whipped cream, and serve at once.

Strawberry Shortcake.

Mix thoroughly one quart of flour, two rounded teaspoonfuls of baking powder, a little salt and one tablespoonful of sugar, and into this chop three tablespoonfuls of butter. Add one cupful of sweet milk and one well-beaten egg. Put together as quickly and with as little handling as possible. Roll into sheets one-half inch thick. Bake in a well-greased pan, laying one sheet on top of the other. As soon as baked separate them; spread one with butter and a thick layer of well-sweetened berries. Place the other layer on top, spread lightly with butter, cover well with berries, dust with powdered sugar, serve with sugar and cream or whipped cream sweetened and flavored with strawberry and currant juice or lemon and vanilla extract.

Fruit Tea Cakes.

One-half cupful of sugar, one-fourth cupful of butter, one beaten egg, two tablespoonfuls of milk, one rounding teaspoonful of baking powder, one cupful of equal parts of chopped pecan meats, raisins, and dates, one teaspoonful of grated nutmeg, one-fourth teaspoonful of mace. Cream the sugar and butter together, add the beaten egg, then the milk, spices, and fruit dredged in flour. Put the baking powder in with a little of the flour. Beat well, and add enough flour to make a soft dough. Roll out thin, and bake in a moderate oven. These cakes are also very wholesome made of graham flour.

Coffee-Caramel Cookies.

Having had considerable difficulty in securing good molasses, it occurred to me to try sugar caramel, cooked down to the consistency of molasses. It is not as sweet as molasses and does not ferment.

Cook one cupful of brown sugar in a saucepan until it melts and becomes a light amber color, then add one cupful of hot strong coffee and simmer for about twenty minutes, or until the caramel is completely melted.

Pour boiling hot over half a cupful of shortening. Cool slightly and when the shortening is melted, add one well-beaten egg, one teaspoonful of vanilla, half a cupful of sugar, and two teaspoonfuls of baking powder, sifted with sufficient flour to form a batter that will drop from the spoon.

Drop the batter onto a buttered pan, flatten slightly and bake in a moderately hot oven until crisp and brown.

Tea Cake.

Sift one quart of flour, half a cupful of sugar, half a teaspoonful of salt, two teaspoonfuls of cream tartar and one teaspoonful of soda, or, if preferred, three teaspoonfuls of baking powder. Rub through these dry ingredients a heaping tablespoonful of butter. Add the yolks of two eggs and milk enough to make a stiff batter. Then fold in the whites of two eggs, which should have been whipped to a stiff froth. Bake in shallow pans. The batter should be one or one and a half inches thick after pouring it in. This is an excellent hot bread to serve on the Sunday-night tea table.

Molasses Drop Cakes.

One cup molasses, one cup sugar, one cup sour milk, one cup butter, one teaspoonful soda, two eggs, one teaspoonful of cinnamon and one teaspoonful of ginger, four and one-half cups flour. Make thick enough to drop.

Lebkuchen.

One pound sugar, one-half pound of butter, one tablespoonful lard, three eggs, one quart of molasses, one-half pound citron, one-half pound almonds, one nutmeg, one tablespoonful cinnamon, one tablespoon allspice, two teaspoonfuls of baking powder, and flour to make dough stiff enough to roll. You can add oranges and lemon.

Spiced Oat Cookies.

Ingredients: One-half cupful butter, scant; one cupful granulated sugar, one and one-half cupful rolled oats, one-half cupful milk, one egg, one-half level teaspoonful salt, one-half level teaspoonful allspice, one-half level teaspoonful cinnamon, three-fourths level teaspoonful soda, two and one-quarter cupfuls flour, about one and one-half cupful chopped figs or dates.

Time: Preparation, twenty minutes; baking, fifteen minutes.

Number served: Recipe makes thirty cookies.

Cream butter, add sugar, salt, spice, soda, rolled oats, beaten egg, and milk; mix. Add flour and chopped fruit. Drop in small quantities, from the tip of a spoon, on a greased cooky pan. These should be two inches apart. With a fork flatten each cooky slightly. Bake in a moderately quick oven fifteen minutes. As these keep in good condition for several weeks, double the recipe may be made at a time. Nourishing and good; excellent for the lunch-basket.

Doughnuts.

Cream two tablespoonfuls of butter with two cups of sugar, add four beaten eggs, nutmeg to flavor, a pint of sour milk or buttermilk with a level teaspoonful of baking soda dissolved into it, flour to make a soft dough. Fry in deep, hot lard. Half of the dough may be put in a stone crock and set in a cool place and fried at the end of several days, when it will be found as good as at first.

Ginger Cookies.

Rub a cupful of sugar to a cream with a scant cupful of butter; beat into this a cupful of nice molasses and one of milk. Beat for a whole minute before adding a teaspoonful of baking soda twice with three cupfuls of flour and mix all together, beating with long, upward strokes. The dough should not be too stiff to roll out easily into a thin sheet. Stick a raisin in the center of each cake.

Although there are no eggs in these cookies, they are delicious when properly made.

Crullers.

One cup sour cream, one cup sugar, one egg, small teaspoonful soda, salt, spices to taste. Mix soft and fry in boiling lard.

Pecan Doughnuts.

This is an original recipe and one that is always made at the Thanksgiving season, when such dainties are in demand.

Cream two tablespoonfuls of melted butter with one cupful of granulated sugar. Add three well-beaten eggs, two cupfuls of sweet milk, one teaspoonful of salt, one teaspoonful of vanilla extract, and three teaspoonfuls of baking powder sifted with five cupfuls of flour in which a cupful of chopped pecan meats have been mixed after sifting. Reserve from the original quantity of flour half a cupful to use in rolling out the dough. Roll rather thin and fry in deep hot fat.

This quantity will make about four dozen doughnuts.

Kris Kringles.

Ingredients: One cupful flour, one-half cupful butter, scant; one-third cupful almonds, finely ground; two level tablespoonfuls sugar.

Time: Preparation and baking, forty minutes, about.

Number served: Recipe makes twelve small cakes.

Rub butter into flour, using tips of fingers; or cut it in, using a round-bladed knife. Add sugar and almonds. Knead into a dough. Divide dough in twelve portions. Roll each into a finger about four inches long. Shape into horse-shoes. Place these on a shallow buttered pan; bake carefully in a slow oven about twenty minutes; do not brown very much. Roll in powdered sugar while still warm. These are easily and quickly made, very delicious, and an excellent addition to the basket of Christmas cakes.

Pop-Overs.

Three cups of flour, three cups of milk, three eggs, whites and yolks beaten separately and very light; three teaspoonfuls of melted butter, one saltspoonful of salt. Pour in nine well-buttered cups of same size as that used for measuring and bake to a fine brown. Eat as soon as done, with sauce.

Hamlets.

Two eggs, one and one-half cups brown sugar, one cup raisins, two-thirds cup butter, one teaspoonful each cinnamon, nutmeg and soda, one-fourth teaspoonful cloves; dissolve soda in two tablespoonfuls sour milk and make a soft dough like cookies.

Suggestions for Boiled Frostings.

One reads countless recipes for making boiled frosting, but I have yet to see one which advises the novice what to do in case she overcooks her frosting, though it is better to overcook your icing a trifle than to undercook it. By this I mean it should "hair well from the spoon," but it should not be removed from the fire at the very first "hair." Then even if your icing sugars, it is far from being spoiled. In this case have some boiling water in readiness, so you can add it little by little, to thin your too thick or sugared icing to the proper consistency.

Second, do not be in too great a hurry to frost the cake, for your icing will improve by being allowed to stand a short time. If this is done the result will be the soft smooth icing so much to be desired, for even while it is soft it will have a glossy hardness on the surface.

A little cream of tartar or vinegar will improve boiled frosting. It will not grain so readily and will be more creamy, neither will it harden so quickly as it does if the acid is not used.

Frosting for Cake.

In separating the whites from the yolks, see to it that not a drop of yellow mingles with the clear albumen. It will ruin all so far as the meringue is concerned. The whites will refuse obstinately to stiffen into a snowy heap.

Break them into a broad, cool, clean pitcher. Throw two tablespoonfuls of powdered sugar upon them, and begin to "fold" this in with long, slow, horizontal strokes of the whip. Two minutes later add the same quantity of sugar, and proceed in this way until you have used a pound of sugar for the whites of four eggs.

In thirty minutes the frosting should be ready for the cake.

Pour the frosting by the spoonful over the cake, letting it run from the top down the sides. If too thick to settle evenly, smooth with a broad-bladed knife dipped in cold water. Dry in a sunny window.

"Springlies."

Four eggs, one pound of sugar (two cups beaten one hour or until creamy), one small piece of butter. Flavor with oil of annis, or annis seeds; flour enough to make a stiff dough. Roll out thin, mold, and let stand until next day before baking; one spoonful of baking powder.

Boiled Icing.

Put a cupful of sugar into a saucepan with one-quarter of a cupful of water. Let these boil, without stirring, until when a fork is dipped into the mixture and held up, the syrup spins a fine thread. Have the white of an egg beaten to a stiff froth in a quart bowl; slowly pour the syrup into this, stirring vigorously all the time to the very bottom of the bowl. Then beat the mixture until it is cold.

Almond Filling: Chop fine a cupful of shelled and blanched almonds. Put these into boiled icing, adding a few drops of the extract of bitter almonds. (This flavoring must not be used by a careless servant and under no conditions left where children can reach it. It is not safe to use more than a scant half-teaspoonful to an icing.) Dust over the top of the cake with powdered sugar or ice it. Some persons grate almonds over the icing; but these turn yellow from exposure to the air and mar the appearance of the cake.

Plain Icing (Decorative).

Whites of four eggs, two and one-half cups of sugar, one cup of water, use one teaspoonful of lemon juice or one scant teaspoonful of powder (tartaric acid), and two teaspoonfuls baking powder. Whip eggs stiff and add one-half cup of sugar and then add syrup made of rest of sugar and water, cooked until it is a syrup dropping from spoon. Ice with a spatular. To make chocolate icing let white icing get cold, melt chocolate over steam and add. When beating this icing put in a pan of hot water.

Rose Cream Frosting.

Mix one cupful of powdered sugar, two tablespoonfuls of butter, two teaspoonfuls of beet juice, and one teaspoonful of vanilla. For the soft mocha, leave out the beet juice and use cocoa, and add two tablespoonfuls of hot coffee.

A Quick and Easy Cake Filling.

Put one teacupful of powdered sugar into a bowl, add two tablespoonfuls of grated chocolate or cocoa, two tablespoonfuls of boiling hot coffee and one generous tablespoonful of melted butter. Beat the filling until cold and use as for ordinary frosting.

Vanilla extract may be used for flavoring, but it is not really necessary. This recipe does not call for any cooking nor stirring over the fire, and no eggs are used.

Marshmallow Filling.

At the druggist's, buy a small quantity of marshmallow roots and an ounce of powdered gum arabic. Put two heaping tablespoonfuls of the marshmallow roots into a cupful of water, and let this boil down until when strained there are four tablespoonfuls of the liquid. Let this become cold; then put the gum arabic into it to soak for three-quarters of an hour. Stand the mixture over hot water until the gum is thoroughly dissolved, and after straining through a piece of cheese-cloth, add four ounces of powdered sugar. Put this back over the fire in a double boiler, stirring it for twenty-five or thirty minutes; take it from the fire and beat it until it is stiff and white. Heat it again in the double boiler until it is scalding hot and add quickly a teaspoonful of vanilla and the well-beaten white of two eggs, and set away to cool. Put this mixture between the layers of the cake when both it and the cake are cold. Ice the top of the cake, or dust it over with powdered sugar.

La Paloma Cake Filling.

Mix together one-quarter teacupful of cornstarch, one-half teacupful of powdered sugar, and one-half teaspoonful of salt. Stir this into one egg, and beat well. Then pour all into one teacupful of hot, sweet milk, and cook five minutes, being very careful that it does not burn. Remove from the stove, add one-half teacupful of chopped pecans and almonds mixed, and one-half teaspoonful of almond extract. Stir, and let cool before using. This is a delicious filling for white cakes or for a very dark cake, and if carefully made, never fails.

Peppernuts.

Piece of butter, two eggs, one pound of sugar (two cups), one cup of milk, one teaspoonful cinnamon, one teaspoonful of allspice, one teaspoonful of cloves, one teaspoonful of nutmeg, chopped nuts and citron, and flour to make not too stiff a dough; one teaspoonful of baking powder.

The Boiled Icing.

One cup granulated sugar, one-fourth cup boiling water, one-fourth teaspoonful cream of tartar, one white of egg, one-half teaspoonful vanilla. Place sugar, water and cream of tartar in double boiler and boil for six minutes, but do not stir. Beat egg stiff and add to boiling syrup, then add flavoring and beat for five minutes over hot water.

A New Orange Filling.

Boil one and one-half cupful of granulated sugar with one-third of a cupful of water until the syrup spins a thread when tested. In a good-sized bowl have the yolks of three eggs beaten until very light. Pour the syrup gradually into these, stirring vigorously all the while; then beat the mixture until stiff and cold and add to it the grated yellow rind of two oranges (being careful not to include any of the bitter white part), a teaspoonful of lemon juice and the juice of a large sweet orange. One may use the juice of two smaller ones unless the filling will in that case be too thin; one must be guided by the juiciness of the oranges. It is best to extract the juice by means of the little glass utensils made for the purpose to be placed over a cup.

Chocolate Cake Filling.

Into three tablespoonfuls of milk stir a half cake of grated chocolate and rub until smooth. Stir this into an egg that has been whipped light with a cup of powdered sugar and pour into a small saucepan with a gill of milk into which has been stirred a heaping teaspoonful of corn-starch. Cook, stirring steadily until thick and smooth, take from the fire and add a little vanilla extract. When cold spread on cake layers.

Walnut Filling.

Chop fine a cupful of English walnut meats—the unshelled walnuts are preferable for this purpose, for the kernels are not so dry—and add these to boiled icing. Ice the top of the cake and neatly arrange a row of whole walnut meats around the edge, or dust it over with powdered sugar.

White Caramel.

Two cups granulated sugar, one cup milk, two-thirds cup of butter, boil until it forms a soft ball like fudge.

Icing.

One pound of confectioner's sugar, two tablespoonfuls of melted butter, moisten with a little milk and add flavoring.

Icing With Evaporated Milk.

Two cups brown sugar, one tablespoonful of butter, and four tablespoonfuls of milk.

Chocolate Filling With Condensed Milk.

Three cups of sugar, one cup of milk, one-half cup of water, three tablespoonfuls of chocolate or cocoa, one tablespoonful of butter. Put on sugar, chocolate and milk and stir until it boils. Cook until it forms a ball in water and add butter before taking up. Beat until creamy.

ICES AND ICE CREAM

"And the old spring-house, and the cooler room,
Where the swinging shelves and the crocks were kept,
Where the cream in a golden languor slept."

—James Whitcomb Riley.

Biscuit Tortoni.

Add one-quarter cupful of cold water to one-half cupful of granulated sugar and stir over the fire until the sugar is dissolved. Boil without stirring, if stirred after boiling begins it will grain, until the syrup spins a delicate thread. Pour slowly while hot over the beaten yolks of six eggs, beating steadily. Return to stove in a double boiler and cook about two minutes, until the mixture coats the spoon. Strain, beat until cold, add one teaspoonful of vanilla, one tablespoonful of caramel, two tablespoonfuls of sherry, and one of maraschino. Mix well, add one pint of cream whipped to a stiff, dry froth, and one cupful of dry macaroons pounded fine. Mix all well. Do not beat this mixture, but mix gently. Fill paper cases with the mixture and sift powdered macaroons over the top of each. Pack in a freezer, first putting a layer of the cases on a piece of thick cardboard in the bottom of the freezer. Lay a similar cardboard on top of the cases, and another layer of cases on this. The number of layers which can be so packed, depends largely upon the paper cases. If they are stout and firm they will hold three or even four, but if fragile no more than two can be put in any one freezer. The freezer should be packed with ice and salt before the cases are placed in the cylinder, covered over well, and then the mixture allowed to stand to freeze and ripen for five or six hours if possible.

Biscuit tortoni is usually frozen in what is called a cave, which is a square tin box fitted with shelves, which after

filling with the paper cases or forms, is packed in ice and salt as are ice cream molds. That is, over the top before the cover is put on is placed a sheet of paraffine paper. Over this should be placed a piece of clean, thin cheese cloth or thin cotton cloth, and the cover put on the mold. The mold is then put down in ice and salt, the wax paper and cloth protecting the cream from the entrance of ice and salt.

Parfait.

If a white parfait is desired the whites of eggs should be used; if yellow, the yolks. Stir one cupful of granulated sugar in half a cupful of water until it is dissolved and the mixture begins to boil. Let it cook until it spins a delicate thread, add slowly either to the whites of eggs beaten to a stiff, dry froth, or the yolks of the eggs beaten light. Beat steadily while adding and continue beating until the mixture is cold. Add two cupfuls of cream whipped stiff and flavor as desired. No matter what flavor is employed, vanilla in less or greater quantity must be used also. It may be but a few drops or a teaspoonful, or even more. Vanilla has the peculiar quality of bringing out or accentuating the other flavors employed as well as apparently assisting to blend them.

Alaska Bake.

Occasionally termed "hot ice cream" and delicious when successful. If directions are followed it is not difficult to make this attractive change from the ordinary cream.

The ice cream should be frozen very hard in forms or bricks. When ready to serve, as it cannot stand an instant before being sent to the table, have ready for each quart brick or mold, the whites of four eggs beaten to a very stiff, dry froth with four tablespoonfuls of powdered sugar. Put some of this prepared egg on the bottom of a pan, the remainder in a pastry bag. Remove the cream from the mold and place it on the egg. Cover it at once as rapidly as possible with the white of egg, piping it on from the pastry tube. The cream must be wholly covered with the egg, for it is the coagulation of this which keeps it from melting. The moment it is covered, and one must work with utmost haste, place it in a very hot oven to brown. This should take but an instant, so because of its quickness a gas is better than a coal oven, or the egg may be browned with a heated salamander. Serve at once.

Spanish Cream.

Over a half package of gelatin pour a cupful of cold water and set aside for two hours. Heat a pint of rich milk to the scalding point and pour it upon the soaked gelatin, stirring all the time. When the gelatin is entirely dissolved, add the yolks of four eggs that have been beaten light with a small cupful of powdered sugar. Stir over the fire for two or three minutes, then take off the range and flavor to taste with vanilla. Let it get cold, but not stiff, and whip into it, gradually, a pint of whipped cream. Turn into a mold, wet with cold water, and set in the ice to form.

Maple Parfait.

Sweeten thick cream with maple syrup; then whip until thick. Sprinkle an ice cream mold with chopped nutmeats, pour in the cream and cover with wrapping paper; then press the lid down securely; bury in crushed ice and salt for four hours. Slice and serve.

Neselrode Pudding.

Make a boiled custard, using eight eggs and a quart of milk. When thick and smooth, set aside to cool. When cold, add a quart of rich cream and grind until half frozen. Remove the dasher and beat into the cream a pound of chopped marrons glaces; stir in well, replace the cover of the freezer, pack it down well with ice and salt and leave for three hours. Turn out on a chilled platter and heap whipped cream about it.

Pistachio Cream.

Four cups lukewarm water, one cup heavy cream, one tablespoonful cold water, one and one-fourth cups sugar, one tablespoonful vanilla, one-eighth teaspoonful salt, one teaspoonful almond extract, one and one-half junket tablets, green coloring.

Carmel Ice Cream.

One generous pint sweet milk, one cup sugar, scant one-half cup flour, two eggs, a quart rich cream. Let the milk come to a boil, beat the sugar, flour and eggs together until very light, then stir into the boiling milk and cook twenty minutes. Put a cup of sugar into a frying pan and let it brown until it smokes, then stir it into the milk while hot; after it is cold add the cream and strain and freeze.

The Frappe glass habit.

Line the frappe glasses with slices of orange and banana, and a few dates or strawberries. Dissolve a package of lemon jello in water and when partly cool turn it into the glasses. Keep on ice until the last minute and then add a generous spoonful of whipped cream.

If you don't happen to have the cream on hand, you need not go to the expense of buying it, for you can have a "whip" just the same by using the white of an egg.

If a "whip" doesn't appeal to you, a few small sponge cakes from the baker's will turn it into a "charlotte" by way of variation. Line your frappe glasses with little sponge cakes, or lady fingers, if preferred, and fill in the center with whipped cream and top each one with a strawberry, or a cherry, or a few slices of peaches, or slices of orange or whatever fruit happens to be in season.

Suppose, for example, there happens to be a little left-over cream in the ice-box, the frappe glasses may be called into requisition immediately. The easiest and quickest thing to make is a "whip" of some kind. All you have to do is to whip the cream until it is stiff and flavor it with vanilla. Then you break up a quarter of a pound of stale macaroons and stir into the whipped cream, heap it up in your frappe glasses and serve "macaroon whip."

Another time you may use chopped dates and call it "date whip." You can do the same thing with figs or cherries or almost any other fruit.

Another time you may pare, core and bake a few apples, using maple syrup instead of sugar to sweeten them, and basting frequently. Serve one apple in each glass and cover with whipped cream.

Still another dessert may be made by lining the glass with stewed figs and filling in the center with fig syrup and maraschino juice, and putting whipped cream on top.

If originality palls at times, put the frappe glasses to the use they were intended to fill. There is nothing quite so sure to win to the heart of every guest as a frapped itself—which commonly means vanilla ice cream with some sort of sauce. The variety of simple sauces is endless, but chocolate is the general favorite. In making this use cocoa instead of chocolate, as it makes a smoother sauce.

Caramel sauce, too, is delicious—made of brown sugar and thickened with a very little cornstarch—or maple syrup boiled down so that it will "sugar off" on the cold ice cream.

Strawberry Ice Cream.

Hash one quart of berries, mix with them one cup of sugar and let stand half an hour. Meanwhile scald one pint of cream and prepare the ice for the freezer. Squeeze the berries and sugar through a muslin cloth. Pour a cup of milk over the pulp remaining, and squeeze again. Pour the cream into the juice slowly, stirring it in. Add more sugar to taste. Freeze.

Bavarian Cream.

Soak one-half an envelope of gelatine in one-quarter of a cup of cold water for five minutes. Make a custard of one cupful of milk, the yolks of two eggs, one-half of a cup of sugar, stir the gelatine into the custard, and set it away to cool.

Whip one cupful of heavy cream and add one-half teaspoonful of vanilla. When the mixture begins to thicken, fold in the whipped cream. Then put it into frappe glasses and set in a cool place until it becomes firm enough to serve.

Just before serving put a spoonful of whipped cream and a candied cherry or a nut on the top of each frappe glass.

Ambrosia.

One of the prettiest desserts I know of—is most economical, for it consists of “scraps.” Cut up all the odds and ends of fruit you have in the house and sweeten the juice—oranges, bananas, grapes, cherries, any or all of these, and almost every other fruit may be used, too—add to the fruit the contents of a five-cent package of cocoa-nut and serve in frappe glasses.

Peach Cream (Minute Gelatine).

Pour into a saucepan a pint of canned peaches, one-half cup of sugar and a little water, and cook for about ten minutes. Strain through wire sieve. Into one cup of this stir two tablespoonfuls of hot water, into which has been dissolved one envelope of minute gelatine. Whip one cup of cream. When peach is cold stir cream in, briskly, for three minutes and pour in mold.

Pineapple Sherbet.

Four lemons, one pint sugar, one quart water, one can grated pineapple, whites of four eggs. Freeze.

Bisque Ice Cream.

To serve fifty guests, scald one gallon of rich milk in the upper part of a double boiler and add one teaspoonful of salt and four tablespoonfuls of cornstarch mixed to a paste with a little cold water. Cook, stirring constantly for ten minutes, and add ten eggs that have been beaten with a cupful and a half of sugar. Cook only for a couple of minutes after the eggs are added—do not boil. Remove from the fire.

When cold, flavor with five teaspoonfuls of vanilla extract and a small cupful of maraschino cordial. Turn into a chilled freezer and when the cream begins to congeal, add four cupfuls of crushed macaroon crumbs and three cupfuls of chopped maraschino cherries. Continue freezing until firm and smooth and repack in brick molds with water-tight covers.

Bury the molds in chopped ice and rock salt three or four hours before serving. This serves to "ripen" the cream and gives it a most delicious flavor.

Coffee Ice Cream.

One pint strong coffee, seven ounces sugar, one pint cream, one pint milk, one dessertspoonful of vanilla.

Put the coffee, sugar and milk in a double boiler, and stir until smooth. When cold, turn this into the freezer, pack, and churn slowly until the mixture is frozen. Remove the lid, take out the dasher, and stir in the whipped cream. Put back the lid, stop the hole with the cork, repack the can, cover, and stand aside for two hours.

Pineapple Frappe.

Grate pineapple; spread on sieve to drain; beat whites of three eggs to a stiff froth; add to them gradually three tablespoonfuls powdered sugar. Flavor with a teaspoonful of sherry and orange juice. Whip half a pint of cream and fold it a little at a time into the mixture. Add grated pineapple; serve very cold in punch glasses with macaroons. Will serve twelve.

Orange Ice.

One dozen oranges, five lemons, one and a half pounds granulated sugar, two quarts water. Boil water and sugar until sugar is thoroughly dissolved; when cold, add juice of fruit; freeze. This quantity serves twenty people.

Pineapple Ice.

To one grated pineapple add two quarts of water, juice of two and a half lemons, the pineapple having been previously strained of the pulp; measure the liquid and use one pint of sugar to each quart of liquid. Freeze until snow. This will make about three quarts of ice.

Chilled Cherries.

A very good dessert for a hot day, and easily made. Take a quantity of dark red cherries, pit them and mix well with plenty of sugar. Place in the freezer without the dasher and stir carefully once in a while until thoroughly chilled through, but not frozen. Serve with sponge cake.

Chestnut Cream.

Shell and blanch two quarts of chestnuts. Put them over the fire in boiling water and cook until tender enough to put through a sieve.

Toss them up lightly with a fork, add to them a tablespoonful of powdered sugar, a wineglassful of brandy or sherry and a little vanilla.

Heap high on a dish and cover with a pint of cream whipped light, with a little powdered sugar.

Cardinal Punch.

To be served as a course, preceding the game or salad. One pint red raspberry ice, or lemon ice, colored, added to one-fourth cup maraschino and one-fourth cup curacao mixed, and freeze.

Strawberry Bavarian Cream.

To one quart of berries, which are mashed, add sugar. The berries may be strained through a sieve to remove the seeds, if desired.

Melt one-half a box of gelatine, strain it into the strawberry juice, then strain into a pan. Stir this constantly until it thickens, then add one pint of whipped cream, stir until well mixed. Pour into a mould and harden. Serve with cream or plain, as preferred.

"We Three."

Three bananas, mashed; juice of three oranges, juice of three lemons, one pint water, sugar to taste, whites of two eggs. Freeze.

Chocolate Ice Cream.

Sift together one cup sugar, two level tablespoonfuls flour and a half saltspoonful salt. Add two eggs and beat all together. Add one pint hot scalded milk, turn into a double boiler and cook, stirring constantly until smooth; after that, occasionally for twenty minutes. Cool, add a pint and a half of cream, a cup of sugar, half a tablespoonful vanilla and two squares of chocolates, belted with a tablespoonful hot water, and mixed with a little of the cream; add a half teaspoonful cinnamon extract, which gives the cream a rich, spicy flavor.

Burnt Almond Ice Cream.

Take a cupful of almonds, chop them finely, and brown them in two tablespoonfuls of sugar which has been melted with two tablespoonfuls of water and browned to caramel. Cool. Then add a tablespoonful of vanilla and a half teaspoonful of almond extract; fold this into rich ice cream; add when this is half frozen.

Fruit Punch.

To one grape fruit carefully spooned out to prevent getting the bitter inner skin, use the spooned out centers of two oranges, one banana, sliced thin, a few white grapes cut in halves and juice of two lemons. Sugar and serve cold in sherbet glasses, decorating each portion with a maraschino cherry.

A Delicious Ice.

Juice of five oranges and one lemon. Dissolve one tablespoonful of gelatine in a little hot water, and add to this the juice. Sweeten to taste and put into a mold. Whip half a pint of thick cream stiff; sweeten and add a little vanilla. Put this on top of the juice, in the mold, then drop several candied cherries into the cream. Cover the mold tightly, pack in ice and salt, and let stand three or four hours. When ready to serve, turn out and cut in slices.

Canton Nut Pudding.

Make a custard from a pint of milk, two eggs and a tablespoonful of sugar; when cold add a pint of whipped cream and a cup of preserved ginger syrup; pour into freezer, and when half frozen stir in three tablespoonfuls of chopped walnuts and a cup of thinly sliced preserved canton ginger. Freeze and serve in sherbet glasses and pour over each one tablespoonful of ginger ale.

Frozen Rice Pudding.

Ingredients: One-fourth cupful rice; one and one-fourth cupful milk, two eggs, one-fourth level teaspoonful salt, one cupful sugar, one cupful milk, one-half teaspoonful vanilla, two cupfuls heavy cream (one pint).

Time: Preparation and freezing, one and one-half hour.

Number served: Six persons.

Cook rice in one and one-fourth cupful milk until soft and creamy; add salt. While rice is cooking, scald one cupful milk, and add eggs and sugar beaten together until light; cook slowly, stirring, until custard is smooth and creamy. When rice is soft, beat vigorously for a moment, then add the custard. Flavor, and when cold add one and one-half cupful of the cream; freeze. When frozen, stir in remaining half cupful of cream, whipped. Remove dasher; repack freezer. Serve with a garnish of preserved strawberries, strawberry jam, or some very tender quince preserves. A little troublesome to make, but exceedingly good.

Grape Sherbet.

Ingredients: Two cupfuls sugar, three cupfuls water, one lemon, one orange, two cupfuls grape juice.

Time: Preparation and freezing, one hour.

Number served: Eight to nine persons.

Add the chipped rind of the lemon and half the orange to the water; add sugar, stir until dissolved, boil five minutes; strain and cool. Add grape juice, freeze. Serve in glass cups or tall glasses.

For a finer sherbet, beat white of one egg to a froth, add two level tablespoonfuls powdered sugar, and stir through ice after freezing.

Cafe Frappe.

A cafe frappe which affords a pleasant change from the too familiar coffee jelly is simply made, and is delightful as an afternoon or evening refreshment. To one quart of strong coffee, sweetened to taste, add the beaten white of one egg, or a tablespoonful of gelatine, dissolved in a little cold water, and freeze. Serve in tall glasses, with whipped cream on top.

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LOUISVILLE, KY.

BEVERAGES

"Drink, Pretty Creature, Drink."—Wordsworth.

Coffee.

One tablespoonful of coffee to every cup of boiling water and one-half of an egg shell. Pour on boiling water and set on back of stove to heat slowly to boiling point. To drive grounds to bottom, pour in a little cold water.

Tea.

Allow one scant teaspoonful of tea to every cup of boiling water. Scald the teapot, put in tea, pour over the boiling water. Cover with a cozy and serve in five minutes with cream and sugar or thin slices of lemon.

Effervescent Malted Milk.

Put some finely cracked ice into a glass. Fill it half full of apollinaris, vichy or siphon water, and immediately add the desired amount of malted milk in solution. Drink while effervescing. Vanilla, chocolate syrup or beaten egg may be added if desired.

Iced Coffee.

First brew your coffee correctly. Use freshly drawn water and bring to an extreme high boiling point. Place finely ground coffee in a muslin bag, then pour the boiling water once through the coffee held in the bag. Ice and set aside to chill. Serve in thin glasses topped with whipped cream. Add sugar to taste. Also a dash of brandy gives iced coffee a deliciously piquant taste.

Iced Coffee.

Here is another way to serve iced coffee, which doesn't call for so much work. Brew sufficient coffee to fill an ordinary sized pitcher. Have sugar and cream standing on table. Serve glasses containing cubes of ice. Pour coffee from pitcher and let individuals add sugar and cream to taste.

Iced coffee served with orange is also delicious. Add half cup orange syrup to three cups coffee and shake in a shaker with a little chopped ice. Turn into thin glasses and add spoonful whipped cream.

Tea Punch a la Russe.

Make a quart of strong mixed tea, straining it from the leaves within five minutes after the boiling water is poured upon them. Set upon ice until you are ready to serve it. Then mix with it the juice of four lemons and six tablespoonfuls of the best rum. Add a quart of pounded ice and serve. As many people do not like tea punch sweetened, pass powdered sugar with this, instead of adding it to the bowl. Leave out the rum if you like.

Almond Milk.**A Creole Drink.**

Pound three dozen almonds to a pulp and boil with two quarts of milk, adding a stick of vanilla; sweeten with one-half pound of sugar; let cool; strain and place on ice. Cubans serve it in tumblers like lemonade.

Chocolate.

One cup boiling water, one cup milk, two teaspoonfuls of cocoa or chocolate, two teaspoonfuls of sugar. After mixing cocoa and sugar, add water, let boil and then add milk (scalded). Serve at once with or without whipped cream.

Russian Tea.

Prepare tea in the usual way; serve in small teacups with a slice of lemon and a candied cherry placed in the cups; sugar may be added if desired, but neither milk nor cream should be used. The tea may be served hot or cold.

Egg Lemonade.

Make a good plain lemonade by using the juice of half a lemon to a tumbler of water; add enough sugar to make it to the sweetness you desire, then beat a strictly fresh egg and pour it into the tumbler with some crushed ice. Fill the glass with filtered water, cover and shake well until the egg is fully mixed with the liquid. It must be served at once.

Orange Punch.

Grate the yellow rind from two oranges and add one pound of white sugar and a pint of water. Stir together until the sugar is entirely dissolved and boil five minutes after it comes to a boil. When cold add the juice of one lemon and the juice of four oranges. Pour over cracked ice, and add about one quart of clear water.

Raspberry Shrub.

Eight quarts of berries, one pint of acetic acid, four quarts of water. Put all into a stone jar and allow it to stand forty-eight hours, stirring occasionally. To one pint of juice add a pound of sugar; boil fifteen minutes and bottle while hot. When cool, refill, pound corks in tightly, cut close to the bottle and dip in hot wax to seal.

Elder Blossom Wine.

Pick from the stems enough blossoms to fill a quart measure when pressed down; add one gallon of cold water, and steep twenty-four hours. Strain, and add four pounds of sugar, three sliced lemons and one cup of yeast. Set away for two weeks, then strain carefully, pour into a jug, and, after several months, bottle.

Currant Wine.

Four pounds currants, three pounds sugar, one gallon of water. Wash the currants, stems and all, in a large vessel; add water and place in a cool cellar, stirring occasionally for three days. Press the currants through a cloth and strain the liquor; add sugar and stir well. Pour this into a cask and when it ceases to ferment, bottle.

Fruit Punch.

Put a heaping teaspoonful of good tea in a pitcher, pour over it a quart of boiling water and let it stand for a few moments—covered. Strain this into a bowl or large pitcher, add one pound of sugar, juice of six lemons and two oranges, and a quart of appolinaris. Be liberal with your ice, and it will also add to the flavor to put in a few strawberries or raspberries, and a cucumber peel. This recipe will make ample punch for a dozen people.

Claret Punch.

If liquor in mild form is to be served, the following punch will be found most satisfactory: Put in the bottom of your punch bowl six tablespoons of pulverized sugar, juice of six oranges and nine lemons, a half-pint of red curacao, or some similar liquor, one pint of brandy, six bottles of plain soda and six quarts of claret. Sliced fruit, like pineapple, oranges, strawberries, etc., add to the beauty of the punch and also to the flavor.

Claret Punch.

Take two sprigs of fresh mint, wash and crush in an enameled bowl with a wooden spoon. Over this pour a pint of claret and allow it to stand for an hour in the ice chest to draw out the mint flavor, then strain through a fine hair seive or cheesecloth, so that no scraps of mint leaves remain in the liquor. Place a large block of ice in a deep punch bowl, pour over this the claret from which you strained the mint leaves; add a quart and a pint more of claret and three lemons sliced very thin; sugar to taste. If you want a weak punch, add a bottle of seltzer or apollinaris, but usually the melting ice will thin the claret sufficiently. A little Jamaica rum may be added if you like the flavor of liquor, a small wine glassful being sufficient. To make the punch most attractive melt a hollow space in the top of your block of ice and set in this a bouquet of fresh mint frosted with powdered sugar. Do not, however, allow mint leaves and scraps of fruit to float in the punch.

Raspberry Vinegar.

Put the raspberries into a stone vessel and mash them to a pulp. Add good vinegar—the genuine cider vinegar is best—enough to cover it well. Stand in the sun twelve hours and all night in some cool place. Stir it well occasionally. Strain and put as many fresh berries in the jar as you took out; pour the strained vinegar over them; mash and set in the sun all day. Strain a second time next day. To each quart of juice allow one pint of water; five pounds of white sugar for every three pints of this liquid, juice and water mingled. Place over a gentle fire and stir until the sugar is dissolved. Heat slowly to boiling, skimming off the scum, and as soon as it boils take off the stove. While warm bottle and seal corks tightly with resin. A most refreshing and pleasant drink.

Parfait Amour.

To make, take for each guest the peel from one lemon, which should be cut in long pieces, put in a tall, thin glass, add one-half bottle of ginger ale, shaved ice and fill with seltzer water. Two straws are placed in each glass, then the lemon peel is wound about so as to be the length of the glass; the knob formed by the stem end is caught on the rim. The peel must be cut as free as possible from the tough, white inner skin.

Pineapple Topsy.

Cut the top from a large, very ripe pineapple. Also cut sufficient from the stalk end to make it stand firmly on a platter. Now remove all the inside portion of the pineapple, tearing it away with a fork, and leaving nothing but the hollow case. Remove the hard pieces of the fruit and cut into small dice. Put these into a deep dish with an equal amount of fresh strawberries, cut in halves. Sprinkle liberally with granulated sugar and cover with a wineglass of sherry, place on the ice for an hour, occasionally basting the fruit with the syrup which forms. Put the pineapple case in the ice box. When ready to serve, all half a cupful of nut meats to the fruit mixture, fill the pineapple case, and serve on a platter garnished with geranium leaves.

Iced Chocolate.

In preparing cold chocolate, a chocolate syrup is recommended. To make the syrup mix a scant half cupful of powdered cocoa with two cupfuls of sugar; then add gradually one cupful of boiling water and cook in the upper part of the double boiler for eight minutes. Store in a small glass jar and keep in a cold place.

To make the iced chocolate, a "shaker" will be required. It is not expensive, and it can be used for mixing beverages.

Place one-quarter of a cupful of cracked ice in a high glass, add two tablespoonfuls of the chocolate syrup, half a cupful of chilled milk, one tablespoonful of cream and one-quarter of a cupful of appolinaris water. Place the shaker over the top of the glass and shake rapidly until thoroughly mixed. Serve as it effervesces.

Lemon Tea Punch.

Iced tea is a greatly favored beverage with some folks, and I am going to present you with a little variation from the general rule. First, make some good strong tea in the proportion of two heaping teaspoonfuls to a generous pint of boiling water, allow this to steep for five minutes then strain it off the leaves and cool it; when cold add to it half a cupful of granulated sugar, the strained juice of two ripe lemons; half fill tumblers with cracked ice, and pour the "punch" over it within one inch of the top of the tumbler, fill the inch with some pleasant table water, or vichy, or even drop in each glass one tablet of effervescent vichy.

This "punch" is delicious, and delightfully refreshing on a hot day.

Maraschino Cup.

Boil together one quart of water and one pound of granulated sugar for five minutes. Then add the grated yellow rind of two lemons and four oranges to the syrup and boil for five minutes longer. Strain through coarse cheesecloth, allow it to cool and add the juice of the lemons and two of the oranges, three diced bananas and the contents of a pint bottle of Maraschino cherries, with the cordial. Let the ingredients become thoroughly chilled, add one quart of shaved ice, one quart of apollinaris water or seltzer water and pour into a high glass tankard.

Mint Frappe.

Slice into a mixing bowl one peeled cucumber (this gives a most refreshing flavor) and add half a dozen sprigs of fresh mint, three sliced oranges, one sliced lemon, one cupful of pitted ox-heart cherries and one cupful of cold tea. Sweeten to taste, chill thoroughly as recommended in the previous recipe, and when ready to serve, dilute to the desired strength with chilled vichy. Pour into glasses that have been half filled with shaved ice and garnish each with a tiny bouquet of fresh mint. Serve with straws.

Taft Punch.

You boil together for five minutes a pint of water, a pound of sugar and the chopped rind of a lemon. Strain the syrup and slice two bananas into it while it is hot. That gives it a fine flavor. Then add a grated pineapple and a quart of stoned cherries. Then shortly before you are ready to serve it, squeeze the juice of six lemons into the punch bowl and put a lump of ice in, over this pour two quarts of soda water, then add the fruit mixture and some strawberries, stirring it well.

Tea Punch.

The following recipe will make twelve large glasses: Squeeze the juice of six large lemons and grate the rind of three or four of them. Add to this juice three quarts of water and brown sugar enough to suit individual taste. Let it come to a boil. In a large pitcher put ten teaspoonfuls of Ceylon tea, pour the boiling lemonade over it, and let it steep for ten or fifteen minutes. Then strain and let it get perfectly cold. When ready to serve, fill glasses with cracked ice, and into each glass put a thin slice of orange and a tiny sprig of mint.

Mint Punch.

Mix in the bowl, in the proportion of a cupful of granulated sugar to the juice of six squeezed lemons. Stir until the sugar melts. Add then three peeled lemons, sliced as thin as wafers, and set the bowl on ice until you are ready to serve. Have at hand a dozen sprays of green mint, well washed, and a heaping quart of pounded ice. Stir the ice into the contents of the bowl, and pour from a height three bottles of the best ginger ale. Stick the green mint into the beverage and leave it floating there. Add the ginger ale just before the punch is ladled out.

Dandelion Wine.

To four quarts flowers, take four quarts boiling water, cover well with the water, let stand three days. Add peel of three oranges and one lemon, boil for fifteen minutes, drain and add juice of oranges and lemons to four pounds of sugar and one cupful of yeast. Keep in warm room; strain again. Let stand for three weeks, then bottle and serve.

Honey and Nut Cordial.

Blanch and pound four ounces of bitter almonds and two ounces of sweet almonds and mix them with two pounds of granulated sugar. Boil a pint of milk, let it get cold and put with it the nuts and sugar, the juice and grated rind of three lemons, two large tablespoonfuls of strained honey and two quarts of good brandy. Let all stand together for ten days, shaking them up every day. At the end of the time strain the mixture through a fine cloth, bottle and seal.

An excellent tonic cordial to be taken, a little at a time, for the exhaustion accompanying and following severe colds.

Boston Cream.

Boil three quarts of water and one and one-half pounds of sugar until the consistency of honey. Let it cool; then add two ounces of tartaric acid, one and one-half teaspoonfuls of lemon essence, whites of two eggs, beaten stiff; stir well and bottle and keep in cool place.

When wanted, place one-half saltspoonful of baking soda in each glass, fill half full of iced water, and stir until soda is dissolved, then pour in each a wineglass of the "cream." Drink while foaming.

Fruit Cup.

Pineapple, oranges, bananas, lemons, grape fruit, strawberries, grapes, pears, apples, etc., achieve this delectable and reviving drink. The large fruit is cut up in thin slices, and then covered with powdered sugar and allowed to stand till the juices draw. Before serving, cracked ice, distilled water, sprigs of mint, and a few maraschino cherries are added. Ginger ale or seltzer might take the place of the plain water, though aqua pura accomplishes the most delicious summer thing. When serving the cup, use tall, slim glasses, and see that each one is ornamented with a sprig of the mint and one or two big strawberries. Any fruit in season may be added to this delicious drink.

Egg Nog.

Six eggs, whites and yolks, beaten separately and very stiff; one quart of cream or very rich milk, one-half cup of sugar, one-half pint whiskey or brandy, flavor with nutmeg. Beat sugar and egg yolks, stir into milk, then add whiskey and lastly the beaten whites.

Blackberry Cordial.

Two quarts of blackberry juice, one pound of loaf sugar, one-half ounce of cinnamon, one-half ounce of cloves and one-fourth ounce of allspice. Boil together a short time and when cold add one pint of fourth proof of French brandy.

Old Colonial Egg Nog.

Throw into two quarts of milk the very thinly pared rind of one lemon (large), and one-half pound of granulated sugar. Bring slowly to boil. Take out the lemon rind, draw it from fire and stir in quickly two well whisked eggs, which have been mixed with less than one-half pint of cold milk, and strain through sieve. The milk should not be allowed to boil after these are mixed with it. Add gradually one pint of rum and one-half pint of brandy. Beat the punch to a froth and serve immediately in thin glasses. The lemon rind may be omitted, but it is a great improvement to the flavor of the punch. The sugar and spice may be otherwise apportioned to the taste, and the yolks of four eggs will improve the punch and are suggested instead of two whole ones.

Currant Shrub.

This is one of the most cooling and refreshing of summer drinks and is said to be specially beneficial in cases of liver trouble. Stem red currants, wash thoroughly and place in a stone jar, set in a kettle of hot water. Cook until the juice is well extracted, then put in a flannel bag to drain. For each pint of the clear juice allow a pound of granulated sugar, and boil together ten minutes. Bottle while hot. Many prefer to add a gill of the best brandy to each pint of the liquid before bottling. To prepare it as a beverage, allow two tablespoonfuls of the shrub to each glass of cold water.

Sassafras Mead.

Take four bunches of sassafras roots, three and one-half pints of New Orleans molasses, one pint and one-half of strained honey, one tablespoon of cream of tartar. Make two quarts of sassafras tea, strain, add honey and molasses; boil and strain; add the cream of tartar and bottle airtight. When using place one-half a level teaspoon of bicarbonate of soda in each glass with the ice, fill with the mead and stir vigorously. The root may be bought from any druggist. The tea should be quite strong; more roots may be added if the given quantity lacks the required strength.

Home-made Root Beer.

Dissolve three pounds of sugar in five gallons of water and add a small bottle of root beer extract. Then add a cake of yeast dissolved in a cup of lukewarm water. Mix all together and put in bottles which are kept exposed to the sun or a moderate heat for six hours; then place in cool place. After three or four days it is ready for use. Lay bottles on ice before drinking.

For orange or lemon soda use same recipe, substituting strained juice of either one dozen lemons or oranges for the root beer extract.

French Creole Drink.

Take one pineapple, one lemon and a quart of milk. Crush the pineapple, after it is peeled, press the lemon, strain the juice of both in a fine sieve or through a piece of linen. Add the milk, a piece of ice and sugar to taste. The Creoles serve this in large jugs with a double bottom, containing a piece of ice to keep it cool, instead of mixing the ice with the beverage.

Limeade.

Place in each tall glass one teaspoonful of lime juice, two teaspoonfuls of sugar, one tablespoonful of ice, fill with seltzer water, add one slice of lime and two maraschino cherries and serve.

Black Currant Cup.

To each pint of black currant juice add two quarts of weak green tea, sweeten to taste and serve in tall glasses with shaved ice.

Strawberry Punch.

Pick the stems of one quart of strawberries, crush them with a half pint of raspberries and strain the juice. Make a syrup of two cups of sugar and one and one-half cups of water. Mix with juice and syrup a glass of sweet port wine and keep on ice before serving.

Strawberry and Raspberry Flavor.

Take the desired quantity of the fruit, crush, strain the juice, boil it for about ten minutes, let it cool and use it for the beverage the same as with the root beer extract. Sarsaparilla and vanilla are employed exactly in the same way.

Grape Wine.

Allow one gallon of pressed grapes to a quart of boiling water; allow it to ferment (about a week or more); then strain and add three and one-half pounds of sugar to a gallon of juice; let it ferment again; then strain, bottle and seal.

Fruit Punch.

Rub three lemons and three oranges with one pound of loaf sugar to extract the oil. Put the sugar in a pan with one quart of water and boil until dissolved. Strain into a punch bowl and add one quart each of pineapple, strawberry, red raspberry, sour cherry juice and one cup of currant jelly, the juice of four lemons and three oranges; use one lemon to slice. When ready to serve, put in the cracked ice.

Fruit Punch.

Two cups of sugar, one-half cup orange juice, one cup of strawberry juice, one cup of water, one-half cup of lemon juice, and one-half cup of maraschino cherries. Boil sugar and water to a syrup and add fruit juices. Pour over a large block of ice in the punch bowl and let stand half an hour before serving.

Fruit Punch.

One dozen lemons, one-half dozen oranges, one-third grated pineapple, sugar to taste; strain through sieve; add water enough to make on gallon. Garnish with strawberries, raspberries or maraschino cherries.

CANDY

"Sweets to the sweet."—Shakespeare.

I wonder why this candy won't sugar?" sighed the college girl.

"'Cause it's a rainy day," chirped Polly.

"A lot that has to do with it," scoffed the college girl.

"All right," returned Polly. "Never make candy on a rainy day; that's my motto."

Candied Fruit.

Boil together, without stirring, a pound of granulated sugar and a gill of water. When a little dropped into iced water is brittle, take the saucepan from the fire and set it in an outer pan of boiling water, adding to the syrup a tablespoonful of lemon juice. Have the fruit ready, wiped perfectly dry. Run a slender skewer through each piece of fruit, and dip it quickly into the hot syrup. If you have not skewers a slender pickle fork will do as well. Lay the fruit on waxed paper until dry.

Cocoanut Candy.

Mix together two cups of powdered sugar, four tablespoonfuls of cream, a teaspoonful of vanilla flavoring and a five-cent box of grated cocoanut. Press the mixture hard into a square tin and cut into squares.

Chewing Gum



“Kis-Me”



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Six Fine Flavors.**

Chocolate Almonds.

Blanch the almonds by pouring boiling water over them. Let stand two or three minutes, then rub away the skins between thumb and forefinger. Pat dry on a soft towel, brown lightly in the oven. Have ready a pan of chocolate coating, made in this way: Put into a small pan over a kettle of boiling water a half cake sweet vanilla chocolate, broken in small bits. When melted add two level tablespoonfuls butter and two tablespoonfuls hot water.

Mix well. If too thin a little more chocolate. Put a nut meat on the point of a skewer or use a candy dipper and dip in the melted coating.

Lay on oiled paper to cool. When set, repeat the dipping. The chocolate may be flavored with cinnamon or vanilla, as desired.

Heavenly Hash.

First layer—One-half cup of cream, two cups of powdered sugar; boil five minutes, remove from fire; stir in chopped nuts; pour into tin. Second layer—One-half cup of cream, two cups of powdered sugar, one square of chocolate; boil five minutes; pour on first layer. Third layer—One-half cup of cream, two cups of powdered sugar, boil five minutes; stir in chopped fruit; pour on second layer.

Bon Bons.

Force through the meat chopper one-half pound of stoned dates, one-half pound of seeded raisins and one-half pound of stemmed figs. Add three-quarters of a pound of chopped nut meats—almonds, pecans and walnuts are the best. Moisten with sweet cream and form into miniature balls, roll in powdered sugar and grated cocoanut. This makes a delicious candy.

Glaces Nuts.

Boil in a porcelain-lined saucepan a pound of granulated sugar and a gill of water. Do not stir, but test by dipping a fork prong carefully into the liquid. When a drop put into cold water is brittle, add a tablespoonful of lemon juice and remove from the fire. Have the nuts shelled and take each in a pair of sugar tongs, or run a long pin through each, and dip in the syrup until thoroughly coated; then lay on waxed paper to dry.

Divinity Nougat.

Ingredients: One cupful brown usgar, one-half cupful corn syrup, one cupful granulated sugar, one-fourth cupful cream (water may be substituted), whites of two eggs, few grains salt, one-half teaspoonful vanilla, one cupful mixed nut meats chopped.

Time: Preparation and cooking, forty-five minutes.

Number served: Recipe makes one and one-half pound candy.

Mix sugar, syrup, cream; cook gently (to 300 to 310 degrees Fahrenheit), stirring until sugar is dissolved, until mixture hardens and cracks when tried in ice water. Have ready eggs, stiffly beaten, to which salt has been added. Pour syrup slowly over the eggs, beating continuously. Add flavoring and nuts, continuing beating until candy turns thick, light, and is about to harden. Pour immediately into a greased taffy pan. When cold, cut into blocks. This is easily made and delicious. For white nougat, use all granulated sugar and clear corn syrup. This, with shredded cocoanut, chopped pistachio nuts and candied cherries, is excellent, and very "Christmasy."

Creole Pralines.

One cup New Orleans sugar moistened with a tablespoon of milk or cream, a small piece of butter; boil until it forms a soft ball in water; just before taking up add one-half cup of pecans and beat until sugary; turn out on marble in spoonfuls.

Chocolate Pulling Candy With Nuts.

(My Own Recipe.)

One cup syrup, one cup of sugar, one tablespoonful vinegar, one-half cup of water, one small piece of butter and one square of chocolate. Boil until it cracks in cold water; add one cup of nuts and pull.

Pineapple Chips.

Peel and remove the eyes of the pineapple and cut it into thin strips, lay them on a platter and cover with granulated sugar. Keep the pieces separate. Set the platters on shelves in a dry closet and sprinkle them with sugar every day, pouring off the syrup as it gathers. When the chips are dry and crystallized, packed in tin boxes with oiled paper between each layer. The syrup may be used for jellies or as a drink, with the addition of water.

Pecan Nougat.

("The best ever.")

Four cups of granulated sugar, one cupful of glucose, one cupful of boiling water, four cupfuls of picked pecans or walnuts, the whites of four eggs.

Mix together sugar, glucose and water, and stir until dissolved. Boil until brittle when dropped into water. Have ready the stiffly beaten whites in a deep bowl; pour the candy into these in a thin stream, beating constantly and hard to prevent lumping. Add the pecans and beat, beat, beat, without stopping until it is a thick mass. Drop upon a buttered dish in great lumps of uniform size, or smooth and mark it off in squares.

Divinity Hash.

Take two cups of granulated sugar, one-half cup of maple sugar, one-half cup golden corn syrup, a cup of water, and a pinch cream of tartar. Boil to the soft ball stage. Add one teaspoonful vanilla, and pour over the stiffly beaten whites of two eggs. Have ready one-fourth cup each of chopped candied cherries, citron and orange rind, and one-half cup of chopped nut meats, also one-half cup of grated cocoanut. Stir in just after the syrup has been beaten light and foamy, but before it begins to set. Pour into buttered pans and mark off into squares. This is a hash, but a delicious one.

Fruit Candy.

Wet two cups of sugar with two tablespoonfuls of water and boil until very thick. Stir in now a box of seeded and picked-over raisins, and when these are well coated with the candy pour the mixture into buttered tins and mark off into bars.

French Nougat.

French nougat is easily prepared. Shell and blanch a quarter pound of almonds. Place in oven until thoroughly dry, not brown. Grease a shallow pan; sprinkle bottom with almonds; over this an equal quantity of pecan nuts and a few English walnuts. The layer of nuts should be one-half an inch thick. One pound of granulated sugar stirred constantly over a hot fire until it melts should then be poured over the nuts, very slowly, so that the nuts will be held together. When it is cool, cut with a sharp knife into bars.

Christmas Delight.

Ingredients: Three level tablespoonfuls granulated gelatine, green vegetable coloring, juice of half a lemon, one cupful cold water, generous; two cupfuls granulated sugar, one-fourth level teaspoonful salt, scant; oil of peppermint for flavoring.

Time: Preparation and cooking, thirty minutes.

Number served: Recipe makes one pound candy.

Soak gelatine in half cupful water for ten minutes. Add half cupful water to sugar; bring to boiling point; stir in the gelatine, and simmer for twenty minutes. Remove from fire, add lemon juice, peppermint to flavor, and enough color to make a clear, leaf-green candy. Pour into a taffy pan, rinsed in cold water. When cold, remove and cut into squares.

Flavor and color may be varied. For red candy, use red color, and flavor with extract of cloves or cinnamon, or boil whole cloves or stick cinnamon with candy.

After candy is cut, dip in confectioners' sugar, to which a little cornstarch has been added, and pack in a tin box. Or the candy may be glazed. This is more trouble, but makes a beautiful candy. It should not be done until candy is a day old. To make glaze: Boil one cupful granulated sugar, one-fourth cupful corn syrup and one-fourth cupful water until syrup turns a pale straw color, and cracks instantly when tried in ice water. Remove from fire, stand in bowl of hot water. Dip candy quickly, one piece at a time, using a fork or candy dipper. Place on an oiled rack or platter. On a clear, dry day, in small quantities, this is easily done. The red and green candy, mixed, is very appropriate for Christmas.

Note—This glaze may be used for dipping nuts, candied fruits, sections of orange (do not break fine skin), white grapes (do not remove stems), and other candies, and helps out wonderfully in an assortment of Christmas goodies.

Thanksgiving Candy.

Boil together, until it spins a thread, half a pound of maple sugar and half a cupful of water. Pour the syrup boiling hot, beating constantly meanwhile, upon the whites of two eggs that have been whipped stiff and dry. Continue to beat until the mixture begins to thicken and mix in half a cupful of finely chopped figs, one cupful of broken walnut meats and half a cupful each of finely shredded citron and seeded raisins. Place by tablespoonfuls on greased paper and let stand until firm.

French Butter-Scotch.

Take two cups of granulated sugar, one-half cup maple sugar, one-half cup butter, one tablespoonful vinegar, and one-fourth cup of water. Cook to the crack stage or to 280 degrees, then remove from the fire and add one teaspoonful vanilla, and one-fourth teaspoonful soda. Mark into strips, and when cold cut with a pair of sheers into inch lengths.

Rose Sea Foam.

Take two cups of granulated sugar, one-half cup of white corn syrup, one-half cup water, and one-fourth teaspoonful cream of tartar. Boil to the hard ball stage. Add one-half cup of finely chopped candied cherries, and color a rose color with fruit or vegetable coloring. Let stand for a few moments until partly cool, then pour over the whites of two stiffly beaten eggs. Beat up well and pour into buttered pan. When cold cut into squares, and decorate each square with a little star cut out of candied cherry. If liked, red strawberry preserves can be used instead of the candied cherries. Drain off all juice, and use only the berries.

Black Walnut Brittle.

Two cups white sugar, one cup broken black walnut meats. Melt the sugar to a syrup in a heavy iron or aluminum frying pan. Sprinkle nut meats one-fourth inch thick in unbuttered pans and pour syrup over them.

Panocha Candy.

One and one-half cups confectioner's sugar, one and one-half cups of granulated sugar, one-half teaspoonful salt, three-fourths cup of milk, one tablespoonful butter, one teaspoonful vanilla. Boil until firm in water and stir until sugary around sides. Add nut meats and stir until creamy and pour in buttered pan and mark.

A Simple Candy Recipe.

Two cups of powdered sugar, one tablespoonful of milk or cream, one teaspoonful of vanilla. Mix the sugar, milk and flavoring well, making a paste. Pinch off bits of this and form into cone shapes of uniform size. Set aside to dry. Melt a small cake of sweet chocolate, adding no water, and, when melted, dip each cone in it, one at a time, and set away until the coating hardens.

Salted Almonds.

An excellent recipe for preparing these is as follows: Allow one pound of Jordan or plain almonds for eight people. Shell and place them in a pan of boiling water for a few moments in order to remove the skins easily. Dry the nuts with a towel and then put them in a pie tin, adding a teaspoonful of butter. Bake in a moderate oven until a delicate brown and when nearly done sprinkle with salt. Keep the almonds air-tight until ready for use. It is an economy to make your own salted almonds. The economical cook can also make her own candy for the Thanksgiving feast. Simple candies made with care are all that is necessary, for the fact they are home-made lends a charm.

Making Candy Apples on the Stick.

Select nice apples that are not too large. Mount them on thin sticks; meat skewers will do. Have them ready so that by the time the syrup is ready for dipping no time may be lost.

Syrup: One pound of sugar, one-half cupful of molasses, one-half cupful of water, one-quarter teaspoonful of cream of tartar, one tablespoonful of butter. Cook until when dropped in cold water the syrup is hard, or to 390 degrees Fahrenheit on the candy thermometer. Keep hot while dipping the apples. Coat thoroughly. Lay in a greased dish and then they will harden immediately.

A reliable candy thermometer can be bought for one dollar. As an investment it will pay for itself time and time again. Learn to make jelly by using the thermometer.

Unboiled Cream Candy.

White of one egg, an equal quantity of water. Mix water and egg together. Then work in enough confectioner's sugar to make a firm, but not hard, paste. Mold with the hand into shapes. They can be dipped into melted chocolate, or can have nuts pressed between them. Put in cool place to harden.

Cream Candy.

Four cups of sugar, two cups of water, three-fourths of a cup of vinegar, one cup of cream or rich milk, a piece of butter the size of an egg, two teaspoonfuls of vanilla, a pinch of soda. Let it boil until it cracks in water, then work very white.

Oriental Cream.

Grate a fresh cocoanut, adding the milk after grating. Knead into it as much confectioner's XXXX sugar as it will take up. Roll on sugared board, one-half inch thick. Cut in two pieces, cover one-half with finely minced dates, lay the other portion on top. Press firmly together and with a sharp knife cut in blocks like caramels. Set away to dry for a few hours.

Fill stoned dates with small portions of the Oriental cream before rolling it. Then roll dates in granulated sugar.

To Sugar Pop-Corn.

Pop the corn and take out all the hard, unpopped kernels. Put in a saucepan over the fire one pound of granulated sugar, with one-half cup of water, and stir until the sugar is dissolved. When the liquid begins to boil add the pop-corn gradually until all has been added that the liquid will cover. Then stir gently from the bottom until the sugar grains form on the corn. Turn out and cool. Or the pop-corn can be put in a bowl, and as soon as the sugar begins to grain pour over and stir until the corn is covered.

Molasses Candy.

One cup of molasses, two cups of sugar, one tablespoonful of vinegar, a little butter and vanilla; boil it ten minutes, then cool it enough to pull. A little of the hot molasses might be set aside for "rick-rack." Make a salad of stoned raisins, bits of fig and banana, split peanuts or walnuts, and throw in. Cool on a shallow, buttered pan.

Everton Taffy.

Melt two ounces of butter of the best quality, and free from salt, in a thick saucepan; add a pound of brown sugar; boil the mixture over the fire till the syrup, dropped in water, cracks between the teeth. Pour in buttered tins half an inch deep, and set to cool. The grated rind of a lemon is often added when the sugar is half boiled, or sometimes a little essence of ginger. A larger quantity of butter is often used, but it is not so wholesome.

Butter Scotch.

One cup of molasses, one cup of sugar, one-half cup of butter. Boil until done.

French Cream Candy.

For half a cup of cream, fresh and sweet, allow two cupfuls of powdered sugar and a quarter of a pound of candied fruits, with one square of sweetened chocolate and half a small cupful of blanched almonds cut in strips. Put the cream and sugar together into chafing dish blazer. Stir just enough to dissolve the sugar, then place over the alcohol cup. Boil up quickly and continue the boiling for five minutes longer. Place the blazer in a pan of cold water and whip the mixture until it is stiff enough to hold candied fruit. Divide into three parts. Add the candied or crystallized French fruits (cut into bits) to one part, flavor the second with a teaspoonful of the soft melted chocolate, and color the third with pink vegetable coloring bought of a dealer in confectioner's supplies, and then stir in the shredded almonds. Line a bread pan with paraffine paper, and first pour very evenly the white layer, then the chocolate, and finally the pink. Stand in a cool place until very firm; cut into even slices or blocks. Slices should be further divided into strips.

To Candy Nuts.

Three cups of sugar, one cup of water; boil until it hardens when dropped in water, then flavor with lemon. It must not boil after the lemon is put in. Put a nut on the end of a fine knitting-needle, take out and turn on the needle until it is cool. If the candy gets cold, set on the stove for a few minutes. Malaga grapes and oranges, quartered, may be candied in the same way.

Cream Walnuts.

Beat stiffly the white of one egg with a tablespoonful of water, adding gradually one pound of confectioner's sugar; flavor with vanilla; knead the mass to the consistency of dough. Mold into blocks, slightly flattened. Take kernels of English walnuts, pressing one in each side of the cream block, and lay aside to dry. In cracking the walnuts, care should be taken to strike them on the end, the kernel can then be removed without breaking.

Sugar Candy.

Six cups of white sugar, one cup of vinegar, one cup of water, a tablespoonful of butter put in at the last, with one teaspoonful of soda dissolved in hot water. Boil without stirring one-half hour. Flavor to suit the taste.

Panocha.

This sweetmeat is at the best when pecan nuts can be obtained, although other nuts, such as walnuts, English or black, butternuts, or even Brazil nuts, can be substituted. To two cupfuls of grated maple sugar allow one cupful of granulated sugar and one of milk, with a level teaspoonful of butter and one-half pint of pecan meats. Put the granulated sugar in the blazer and stir until it melts and becomes slightly brown. Then add the milk, the butter and the maple sugar, and boil all together until the mixture forms what is known as a soft ball when dropped in cold water. Add the nuts and stir until the syrup begins to thicken. Pour at once into buttered pans and stand aside until cold. Mark off into squares, and when quite cold break apart.

Bachelor Girls' Fudge.

Melt two level tablespoonfuls butter, add one and one-half cups sugar and one-half cup water; heat to boiling point gradually, stirring until the sugar is dissolved. Add one and a half squares of Baker's chocolate and let boil gently until it will form a soft ball when dropped in cold water. Remove from the fire, add one teaspoonful vanilla and beat with a spoon until creamy. Pour at once into a buttered pan or drop by spoonfuls on a buttered sheet of paper.

Marshmallow Candy.

Three cups of light brown sugar and one-half cup of milk. Boil slowly; but do not stir. Boil until it forms a soft ball in cold water. Remove from the fire and beat in one-half pound of marshmallows and one cup of coarsely chopped English walnuts. Beat until thick and creamy, spread in a buttered tin and mark in squares before cold.

Corn Crisps.

One cup brown sugar, one-half cup molasses, one tablespoonful butter, one-half cup of cocoanut and two quarts of popped corn. Cook sugar, molasses and butter until it cracks in water and pour over corn and stir with fork. Sprinkle with cocoanut, then press into greased muffin pans and leave until cold.

One Minute Candy.

One cup of sugar; moisten with sweet cream and boil up for a minute; flavor and beat until creamy; add different coloring.

Chocolate Caramels.

Put together in a saucepan a half-pound of chocolate, broken into bits, two pounds of brown sugar and a teacupful of cold water. Boil until a little hardens when dropped into cold water, beat into the mixture two tablespoonfuls of butter and two teaspoonfuls of vanilla, and take from the fire. If one wishes the granulated caramels, the mixture should be beaten hard for several minutes after taking it from the fire. Turn into greased tins and mark off into squares.

Home-made Cream for Candies.

Beat the white of one egg to a stiff froth, adding a tablespoonful of cold water. Stir in enough confectioner's sugar, or granulated sugar, to make like a stiff dough, putting in the desired flavoring. Form the paste into balls the size of walnuts, and lay on waxed paper until the next day, when they may be dipped into melted chocolate for chocolate creams. This cream is also good between the two halves of an English walnut. This quantity makes a pound of candy.

Stuffed Dates.

One cup powdered sugar, one heaping teaspoonful of cocoa, a little boiling water, one-fourth teaspoonful almond extract, dates and candied cherries. Mix sugar and cocoa, add water one-half teaspoonful at a time until paste thick enough to handle is formed. Add extract and knead with fingers until smooth. Press portions of this into stoned dates and put piece of candied cherry in center of each. Plain white candy may be made and flavored with lemon or orange. Roll dates in granulated sugar.

Hickory Nut Candy.

One cup of nuts, two cups of sugar, one-half cup of water boiled, without stirring until it threads, then flavor with vanilla. Stand in cold water and stir until white. Now add nuts and turn into a buttered tin, and when cold mark in squares.

Peanut Candy (a la Charleston Mammy).

Use a quart of New Orleans molasses, two heaping tablespoonfuls of butter and the juice of one lemon and boil, with careful stirring until it spins a thread, then add peanuts.

Peanut Brittle.

Boil one cup of brown sugar and one cup of molasses with two tablespoonfuls of butter and one tablespoonful of vinegar. When this syrup, dropped in cold water, becomes brittle, add a cup of blanched peanuts. Remove from the fire and add one-half teaspoonful of soda. A little vanilla will give it a pleasant flavor. Beat hard and pour into a buttered pan.

Peanut Butter Fudge.

Put two cups of brown or white sugar and two-thirds of a cup of sweet milk on the stove; stir until dissolved and boil very slowly with but little stirring until it forms a ball in water. Add four tablespoonfuls of peanut butter, stirring until the butter is melted. Turn into buttered plates and mark into squares.

Opera Fudge.

Three cups of sugar, three-fourths cup of water, one cup of strained honey, whites of two eggs, one-half teaspoonful of cream of tartar, one teaspoonful of almond extract, one cup of blanched almonds, roasted and chopped. Cook sugar, water and honey until it spins a thread and let cool. Beat eggs and add cream of tartar, then pour cooled syrup onto the eggs, beating all the time until it stiffens, then add almonds and extract. Pour into buttered tins and mark in squares.

Fairy Fudge.

One pound of sugar, one-half cup of cream, two tablespoonfuls of butter, one-half pound of marshmallows, one teaspoonful almond extract and one cup of almonds, blanched and cut in strips. Place sugar, cream and butter to cook to the medium ball stage, then add marshmallows and cover closely until they are melted, then add extract and almonds and beat until thick and creamy.

Salted Almonds.

Shell and blanch almonds by pouring boiling water over them, then allowing them to stand until the skins slip off easily. Pat dry between folds of a towel, melt in a pan a large spoonful of butter, put almonds in this and set in oven, turning nuts often until all are golden brown. Draw to door of oven and sprinkle thick with sifted salt, turn and toss them in this, then turn into colander to drain.

Home-made Candies.

White fondant: Two cups of granulated sugar, one-half cup of water and a pinch of cream of tartar.

Maple fondant: Two cups of brown sugar, one cup of maple syrup, one cup of hot water, and a pinch of cream of tartar.

Put sugar, water and cream of tartar in a kettle and cook until it forms a ball in water. Let it get cold and stir until it creams, and turn out on waxed paper. Then work the fondant in the hands until free from lumps and mold into different shapes.

Maple Dates: Mold a bit of maple fondant in the shape of a date. Take the stone from date and press fondant in its place, drawing the edge of the date together and roll in granulated sugar.

Chocolate Almond Creams: Roll a small piece of fondant in a ball and press into this either a half or a whole almond and rub between fingers until it is oblong in shape, and dip in chocolate.

Cherry Drops: Roll vanilla fondant in balls, place on paper and press down a little with the tip of finger. Dip in chocolate and press a candied cherry on top of each.

Molasses Candy.

One cup brown sugar and two cups of New Orleans molasses, one tablespoonful of vinegar and a piece of butter, cooked in blazer until it becomes brittle in water, then pour in pans and cool enough to handle and pull. You can add one-fourth teaspoonful of soda and also a little powdered alum.

Maple Cream.

Whip whites of two eggs and two cups of maple sugar with an egg beater and add enough XXX confectioner's sugar to make stiff enough to mold into shapes, and coat with chocolate or plain cream.

Pralines.

Three cups of light brown sugar, one tablespoonful of vinegar and a cup of boiling water and cook until the soft ball stage, then beat until creamy and add one-fourth teaspoonful cinnamon, one-half teaspoonful vanilla and two cups of hickory nut meats. Drop from tip of spoon in small piles on parafine or buttered paper.

English Walnut Candy.

Two cups of granulated sugar, one cup milk, small piece of butter, cook until sticky, almost done, then beat to a cream, then add nuts and flavoring before turning into a buttered pan to cool.

Sea Foam.

Moisten two cups of confectioner's sugar with water and boil until it cracks in cold water, then add beaten white of one egg and nut meats and take out in spoonfuls to cool.

Fudge.

Boil together one cup of sugar and one cup of grated chocolate with a gill of milk and one-fourth cup of molasses. Stir often and when it hardens in water, take from the fire and beat, add vanilla and pour in buttered tins.

Fudge.

Three cups of confectioner's sugar, one an done-half cups of milk, cook until it forms a soft ball and beat until creamy. Before taking up add butter and nuts.

PRESERVES, JELLIES AND PICKLES

"The jelly, the jam and the marmalade,
And the cherry and quince preserves she made,
And the sweet-sour pickles of peach and pear,
With cinnamon in 'em and all things rare."

—James Whitcomb Riley.

Hints for Preserves.

To prevent the gritty substances forming in grape jelly, preserves, etc., to one gallon of fruit, when hot, add one teaspoonful of soda, when a green scum arises, which you skim off and it does away with all grit.

To Make Jelly.

Generally cut up the fruit into small bits and nearly cover with water. It will depend on the fruit whether

more or less water should be used ; with currants do not add so much, but with quinces you can put in enough to just cover the fruit. Cover the kettle and boil slowly until the fruit is broken to pieces. Put the fruit, juice and all, in a coarse bag, hanging the same in a warm place to allow the juice to drip. Toward the last of the dripping take two spoons and press very lightly on the sides of the bag to help the remaining juice through. Do not be too economical about getting out every bit of the juice, for the more you squeeze it the cloudier the jelly will be when finished. Measure the juice, and to every pint allow one pound of sugar. This is the general rule, but quince jelly is much more luscious if only three-quarters of a pound of sugar is allowed to every pound of juice. Put the juice on the fire, and after it begins to boil let it continue so for just twenty minutes. Do not cover the juice, and do not let it boil too hard. Skim frequently. At the same time you put the juice on, place the sugar in a pan in the oven to heat; stir it up frequently from the bottom. If you should happen to brown it a little on top it will not harm it. When the time of the boiling is up throw the sugar into the boiling juice, stirring constantly. It will hiss as it falls in, and melt at once. Let the jelly just come to a boil and dip out with a jelly dipper. Have ready a heated pitcher with a piece of cheese cloth wet with hot water over the top. Put each dipperful of the jelly through this strainer. It will run through like water, and if the cloth is as hot as you can wring it out of the water there will be no waste of the jelly. Have the jelly glasses standing in a pot of hot water; take out, drain a moment, and turn the jelly in from the pitcher. This pitcher arrangement is by far the most convenient. Fill the glasses full and set away to cool. If these rules are followed out no one need have poor or cloudy jelly. If it seems not quite as solid the next day as you wish set the glasses in the sun, and it will shrink to any desired consistency. Cover the glasses with white paper dipped in brandy. Use only the best white granulated sugar, or loaf sugar if your purse is heavy.

Currant Jelly.

After steaming and squeezing currants, usual way, measure the juice, and to every pint allow a pound of sugar. Put the sugar in a crock large enough to hold all the jelly. Then place juice on stove, and let boil hard twenty minutes; then pour it over the sugar in the crock, and stir until sugar is dissolved. Your jelly is made.

Tutti-Frutti.

"Ever since I have been married," began the young housekeeper—

"Which has been exactly two whole summers," interrupted her friend.

"I have been trying to remember to start at the right time to put up tutti-frutti."

"Why, how can you put up tutti-frutti? It's ice cream, isn't it, with nuts and fruit? One of those things in fact, into which one puts everything on hand except shoe polish and the kitchen stove.

"That's one kind, of course, but what I have reference to is the delicious conserve one of the Southern girls in our school always got from home at Christmas. Her mother, she said, always started it in strawberry time, adding all the summer fruits as they ripened—almost all that is, for blackberries, cantaloupe and watermelon were scrupulously left out."

"Here is my crock and my quart of the very best French brandy. After I have capped these strawberries—they are not gritty, so they won't need washing. I am going to measure them, add the same amount of sugar, and pour both into the brandy.

"When my roses bloom, I am going to add a few rose petals with their weight in sugar, and after that raspberries, pineapple cut into small pieces, cherries, and the stone fruits—peaches and plums, for instance—peeled and sliced, always with the same amount of sugar. There may be other fruits I can't think of now, but I intend keeping an eye on the market for possibilities."

"Cook them? By no means. Stir your fruit up from the bottom from time to time with a long handled wooden spoon, and the brandy can be depended upon to do the rest."

Mixed Preserves.

Boil plums in water until done, but not broken; then add three oranges, peeled sliced and seeded, and one pound of raisins. Boil all until reduced to a soft mass, then stir in a cup of English walnut meats, turn into jars and seal.

Ripe Tomato Preserves.

Peel red or yellow tomatoes; for each pound of fruit allow three-fourths pound of sugar. Make a syrup and add fruit and cook.

Tutti-Frutti Preserves.

This is a delicious, rich preserve, made up of a variety of fruits, and requires no cooking. In a stone jar holding about a gallon put a quart of the best French brandy and five pounds of powdered sugar. Cover the jar closely. Add to the contents a small sugarloaf pineapple, cut in thin slices, with the core and eyes removed. Hull a box of strawberries, and add them also. Next add half a dozen or more red bananas, cut in pieces about an inch thick, and then a layer of sweet oranges sliced. Cherries and red raspberries may come next, and as each fruit arrives in market add a layer of it. There should be just enough brandy barely to cover the fruit. If there is not enough brandy pour in a little more from time to time, adding sugar in proportion.

To keep the fruit from molding on top, cut out a circle of white paper the size of the jar, dip in pure glycerine and place over the fruit. It can be removed temporarily when fresh fruit is added.

This preserve will be in perfect condition by Thanksgiving, and is a conserve that will not disgrace the Thanksgiving feast. It should be served cut in slices that show the layers of fruit. As it is especially rich, a little will be found to go a long way.

Preserved Peaches or Apricots.

Peel and stone and weigh firm fruit, and allow a pound of granulated sugar to each pound of fruit. Arrange sugar and fruit in alternate layers in a preserving kettle, beginning with the sugar, and set the kettle at the side of the stove, where it will heat slowly if you are cooking with wood or coal, over a small flame if you are burning gas or oil. The flavor of preserved peaches is enhanced by crushing the kernels of a couple of dozen peach stones, boiling these in a small cup of water and straining this into the kettle with the fruit and sugar. When the peaches have stewed in the syrup until they are clear and tender, which should be in about half an hour, they may be taken out of the syrup with a perforated skimmer and laid out on flat dishes, taking care that they do not crowd one another. The syrup must boil fast for fifteen minutes longer, and be skimmed often. By the end of this time it should be clear and thick. The peaches may be put into the jars, the boiling syrup poured over them and the pars closed.

Preserved Peaches.

These may be peeled, but not stemmed, and preserved by the preceding directions.

Red Raspberry and Pineapple Jelly.

Wash a ripe pineapple and cut it small without paring, the skin holding a peculiarly fine flavor. Set it over the fire in a farina (double) boiler and cook very tender. At the same time heat red raspberries enough to give out twice as much juice as you get from the pineapple. When all are cooked to pieces, strain and press out the juice from berries and from pineapple; mix in the proportions I have indicated and boil twenty minutes before adding heated sugar, pint for pound.

The blended flavors and acids produce a delicious jelly.

Peach and Orange Marmalade.

Put in a kettle six pounds of peaches, after they have been peeled and pitted; four pounds of sugar, the juice and pulp of four large oranges and the kernels of twenty peach pits. Boil, stirring often, until thick and clear. Put into glasses and when cold pour paraffine over the contents.

Sunshine Conserve.

It does not need a Cinderella wand to turn a plain, every-day pumpkin into a dainty, good to look at and pleasant to taste. You can do it yourself with very little trouble. Select a medium-sized pumpkin, pare it and remove the seeds. Then slice it in strips about an inch wide and shave it on the cabbage cutter. Sprinkle the pieces thickly with granulated sugar and let them stand over night in a granite kettle or earthen jar. Next morning slice two lemons, rind and all, except the seeds, and add to the pumpkin and syrup that has formed. Cook this mixture until the pumpkin is tender when tested with a fork. Remove the pumpkin with a perforated skimmer and let the syrup cook down until it is quite thick. Then put the pumpkin back and let it simmer until it is transparent. This may be used at once or it may be put in glass jars for future use.

This is a nice confection to serve in pastry shells like tarts. If you cannot buy the shells conveniently you can make them yourself by baking a rather rich piecrust on the bottom of your gem pans. Just turn your gem pans upside down and cover each pan just as you would line it. Then bake in a moderately hot oven.

Strawberry Surprise.

Run berries through chopper, use equal parts of sugar and fruit and boil twenty minutes.

Grape Fruit Marmalade.

Ingredients: Two grapefruit, two oranges, two lemons, sugar, water.

Time: Preparation, two days; cooking, one and one-half hours, about.

Number Served: Recipe makes nine glasses.

Cut fruit in quarters; remove seeds, and slice—through pulp and rind—in very thin slices. Use a small board and a very sharp knife. Fruit may be put through food-chopper if preferred, but this is not so good. To each pound of fruit, add three pints of water. Place in an enamel or earthen bowl, and let stand for twenty-four hours. Next, boil gently until rind is tender. Let stand again for twenty-four hours. To each pound, add one pound of sugar and cook slowly until thick and clear. Try by chilling a little on a saucer. Do not overcook. Pour into sterilized glasses or jars, and seal.

Orange Marmalade.

Oranges are very cheap. Try putting up a few glasses of marmalade. Take twelve oranges, two lemons; remove skin from end of oranges, cut in slices, discard all seeds. Cut lemons in the same manner, saving all juice. Cover with two quarts of cold water. Let stand over night. Next morning boil until peel looks transparent, and can be pierced with a toothpick. This takes about two hours. Add five and one-quarter pounds of granulated sugar. Cook until the mixture is thick enough to hold up bits of the peel. Stir constantly, keep asbestos mats under the pot if cooking on gas stove. Store in pots or glasses. This will make fifteen glasses.

Sweet Pickled Peaches.

Melt six cups of sugar in two cups of vinegar, boil up and skim well. Stick two cloves into each well-rubbed peach and drop into the boiling syrup. Cook until tender but not soft, then seal in jars.

To Can Raspberries.

Fill the cans as full of the berries as you can without mashing them; set the can on the stove hearth, where it will get warm gradually, and to each pint of water add one cup of sugar; boil twenty or thirty minutes; pour enough over the berries to fill the can, and seal tightly. These will keep for a long time.

Dried Apricot, Sweet Spiced.

One-half pound of dried apricots, soak over night in cold water, and wash and drain in the morning. Use equal parts of water and vinegar to cover, add one pound of sugar (brown), one teaspoonful each of cloves, allspice, cinnamon, ginger and nutmeg, tie in a piece of cheesecloth, cook slowly until a thick, rich syrup is formed. Then pour into jelly glasses, cover with paraffine and use when wanted.

This is fine with cold cut of meat, and it is particularly nice with salads.

Preserved Strawberries.

Rinse berries and let water run off. In a granite vessel put berries and sugar in alternate layers. If sealed jars are used, one cup of sugar to two of berries; if unsealed use half and half. Let berries stand over night. Drain off syrup, put on fire and let come to a boil; then put in berries and cook ten to fifteen minutes. Water should not be used when cooking them.

Best Marmalade.

Quarter and slice thin three oranges and two lemons; cover with two and one-half pints of water and let stand for twelve hours; then boil in same water for thirty minutes; For each cup of mixture add one cup of granulated sugar, boil for fifteen minutes and pour into glasses.

Preserved Pineapple.

Allow one pound of sugar and one-half cupful of water to boil until a clear syrup is formed. Add to this a pint of sliced pineapple, and cook it for fifteen minutes. Seal in jars and set in a dark place. Of course, if you wish to make a larger amount, these quantities can be proportionately increased.

Canned Cherries.

Pit cherries or not. Most people like pits left in, thinking the flavor improved. Allow a cup of sugar to each jar of fruit. Put cherries and sugar in the jars until nearly full. Arrange jars in kettle of warm water with a rack underneath. Put in water enough to come nearly to top of the jars, put on the tops, but not the rubbers. Let the water boil until sugar has melted and formed a clear syrup. As soon as the fruit is ready take out the jars.

Spiced Plums.

Select seven pounds of damson plums; wipe them with a napkin, then prick each plum several times with a needle, and put them into stone jars. Place a kettle with three and a half pounds of sugar and one pint of vinegar over the fire. Break one ounce of cinnamon into small pieces, add one tablespoonful of whole allspice. Sew these up in muslin or cheesecloth bags, and drop them into the vinegar. Boil five minutes, then pour the boiling hot syrup over the plums. Cover and let stand until the next day; then drain off the syrup and place it with the spice bags in a kettle over the fire. Boil ten minutes and pour it again over the fruit. Repeat this once more the day following; then lay the spice bags on top of the fruit, close the jar, and tie a piece of paper over the top. Although they will keep in jars, yet they will keep their color better if sealed in cans. Grapes can be spiced in the same manner.

Pickled Peaches.

Seven pounds of fruit, pared; four pounds of white sugar, one pint strong vinegar, mace cinnamon and cloves. Pare peaches and put into kettle with alternate layers of sugar. Heat slowly to a boil, add the vinegar and spice, boil five minutes, take out fruit with a perforated skimmer and spread upon dishes to cool. Boil the syrup thick, pack the fruit in glass jars and pour the syrup on boiling hot.

Examine every few days for the first month and should it show signs of fermenting, set the jars (uncovered) in a kettle of water and heat until the contents are scalding.

Here is a tried and true recipe for pickled peaches: To seven pounds of selected peaches allow half as many pounds of granulated sugar, one quart of vinegar, two ounces each of stick cinnamon and cloves. Dissolve the sugar in the hot vinegar, add the spices and boil for six minutes; add the peaches and boil slowly until the peaches have become soft enough to be pierced easily by a fork. Turn out the fruit and boil the syrup down to one-half. Now, put in the peaches again and let the whole just come to a boil. Pour into a deep crock and cover when cold.

Preserved Cherries.

Select tart cherries and stone them keeping all the juice. Allow one pound of sugar to each pound of cherries. Put the juice and sugar into a kettle and when sugar is dissolved add the cherries. Cook until the syrup is very thick; put into jars and seal.

Brandied Cherries.

A Virginian housekeeper recommends this recipe for brandied cherries: Cover large, oxheart cherries which have been stoned with some excellent brandy and let stand for forty-eight hours. Add to the mixture sugar in a proportion of pound for pound. Do not cook, but seal in glass jars and set away in a cool, dry place. These cherries are delicious for garnishing whipped cream and frozen desserts. They may also be served in home-mixed cocktails.

Pickled Cherries.

For this you will need plump, rather tart cherries with the stems on. For five pounds of cherries, scald together one quart of vinegar, two pounds of sugar, one-half ounce of cinnamon, one-half ounce of cloves and mace mixed, the spices tied in a thin muslin bag, and pour over the cherries while scalding hot. Seal at once.

Ginger Pears.

Use pears when hard. Four pounds after they are peeled and chopped, three ounces green ginger root scraped and chopped fine, juice of three lemons, cut the lemon peel in straws, three pounds granulated sugar. Boil lemon straws in water until tender, then boil all together three hours.

Sweet Pear Pickles.

Pare fruit and if small leave whole, if large, halve. Weigh and for every four pounds of fruit allow two pounds of sugar, one cup of vinegar, and one-half cupful of water. Make a syrup of the sugar, water and vinegar, and when boiling add the spices in little bags, using to every pint of the syrup two or three sticks of cinnamon, and teaspoonful each of cloves and mace or allspice, and a half ounce of ginger root. If preferred, nothing but the ginger root and cinnamon need be used. Simmer for ten minutes, then put in the fruit, and simmer until tender enough to pierce with a straw. Lift fruit out carefully and place in jars. Boil the syrup a few minutes longer and pour over the fruit.

Dill Pickles.

Wash cucumbers and arrange in jars with dill and red pepper. Fill up jars with water; salt and vinegar to taste, and seal.

Mangoes.

One medium-sized head of cabbage, one-fourth pound each of ginger root and garlic, one ounce each of pepper, cloves, allspice, tamaric and nutmeg, half pint each of white and black mustard seed and grated horseradish, one gill of celery seed, one-half teacup of olive oil, one cup dried red pepper cut fine, one bottle French mustard; shave cabbage very fine and dry with a little salt for three or four days in the sun, soak ginger root in brine until soft enough to slice, also soak garlic two or three days, then let both get perfectly dry before using. Take medium-sized cucumbers, scald in half vinegar and water with a little alum, drain, cut slit in each, take out seeds and stuff them. Take two pounds brown sugar to one gallon cider vinegar, boil and skin. Pack pickles in jar, scattering among them one gallon small white onions which have been soaked in brine over night.

Mustard Pickle.

(My Own Recipe.)

One dozen green tomatoes, two dozen large cucumbers, two heads of cabbage, six pods of green peppers, and one-half gallon of onions. Cut all except the onions in thin slices, sprinkle with salt, let stand a few hours, then hang up to drain. Skin onions; let stand in salt water one hour. Mix one-half pound of mustard, two tablespoonfuls of tumeric, two tablespoonfuls of celery seed, and one pound of brown sugar. Mix all together, cover with vinegar, and boil about one hour.

Currant Catsup.

To five pounds of currants allow three pounds of sugar, one tablespoonful of cinnamon, one tablespoonful of cloves, one tablespoonful of allspice, one teaspoonful of black pepper, one teaspoonful of salt and half a pint of vinegar. Mash the currants and rub them through a sieve; then add the other ingredients and boil for twenty minutes. Bottle as you would tomato catsup. While this catsup, as may be seen, is easily made, it possesses an indescribably delicate flavor, and is well worth having on hand.

"Suffragette" Pickle.

Chop fine equal quantities of green tomatoes, onions, cucumbers and a few green peppers, and when mixed sprinkle with salt and let them stand a day, then pour water off and pour on boiling vinegar with mustard and spices.

Tomato Catsup.

A good old-fashioned tomato catsup is made in this way: Wash and slice without peeling nine quarts tomatoes, not overripe. Put into a large porcelain kettle, draining off as much of the clear juice as possible. Add to the tomatoes four tablespoonfuls salt, two of allspice, one of cinnamon, three-quarters of a tablespoonful of cloves, a teaspoonful of black pepper and one-half teaspoonful cayenne. Pour over all three cups of good vinegar, cover the kettle and simmer on the back of the stove for three or four hours, keeping constantly at a gentle simmer. Take from the fire, cool in the kettle, and when cold strain and bottle in perfectly clean jars, with new corks that have been soaked in cold water. Push those in as far as possible.

Chili Sauce.

To one gallon ripe tomatoes, peeled and sliced, allow three large onions and two green peppers, chopped fine; three-fourths cup of cider vinegar, one-half cup of sugar, two tablespoonfuls each of cinnamon and cloves. Cook slowly several hours, then bottle.

Pickled Cauliflower.

Two cauliflowers, cut up; one pint small onions, three medium-sized red peppers. Dissolve one-half pint salt in water enough to cover vegetables and let stand over night. In morning strain, heat two quarts vinegar with four table-spoons mustard until it boils. Add vegetables. Boil fifteen minutes, until a fork can be thrust through cauliflower.

Pickled Onions.

Peel small white onions and let stand for two days in salt water, changing water often; then drain and put in bottles. Scald enough vinegar to cover, spice with whole mixed spices and pour over onions.

Boiled Tomato Catsup.

Boil and press through sieve one-half bushel of tomatoes. Add one quart vinegar, one teacup salt, one table-spoonful cloves, two of black pepper, one of cayenne, two ounces of allspice and six onions, half a cup of sugar, two pieces of garlic. Mix and boil seven hours. Bottle with straining.

Sweet Cucumber Pickles.

Wash small cucumbers, throwing out any that have soft spots in them. Lay them in strong brine for three days, then drain and lay in fresh water for a day. Line a kettle with vine leaves and arrange the cucumbers, after draining them, in layers, sprinkling a pinch of alum over each layer. Cover with cold water, place over all several layers of the grape leaves, put the cover on the kettle and steam at the side of the range, where the contents will not boil, for six hours. Drain off the water, throw the cucumbers into cold water, and, when they are firm, pack into jars. Fill the jars with boiling vinegar, to each quart of which have been added while boiling eight whole cloves, eight black peppers, six blades of mace, six allspice and a cup of sugar. Seal the jars while overflowing with the scalding vinegar.

Chow-Chow (For Present Use).

Chop an equal amount of green tomatoes and cabbage, half the quantity of onions, and one or two green peppers. Season liberally with salt, a red pepper cut fine after removing the seeds, and some white mustard seeds. Mix all well together, pack in jars, and pour over it cold vinegar. It will be ready for use and, if kept sealed, will be good for several weeks.

Chow-Chow.

One peck green tomatoes, twenty large green cucumbers, sixteen large onions, three medium-sized heads of cabbage, four large green peppers, all chopped. Let this stand over night, after sprinkling salt on it. Then in the morning drain. Add one cup horseradish, one-quarter pound white mustard seed, one-quarter pound celery seed, four teaspoons pepper, one ounce tumeric, 5-cent cinnamon blossom, four pounds brown sugar. Then cover with vinegar and boil for about an hour. When cooked mix one-half pound ground mustard with one teacup olive oil, and stir in and seal while hot.

To Can Tomatoes.

Scald tomatoes and peel and put in jars whole, then add salt to taste and screw on tops and stand jars in water and let come to a boil slowly and cook about fifteen minutes.

Mustard Pickles.

Select small cucumbers and place in brine for twenty-four hours. Drain and add vinegar and mustard, and pour it (heated) over pickles for three mornings in succession.

WOMAN'S CORNER

A Recipe for a Day.

"Take a dash of water cold
And a leaven of prayer,
A little bit of sunshine gold,
Dissolved in the morning air.
Add to your meal some merriment
And a thought for kith and kin,
And, then, as a prime ingredient,
A-planty of work thrown in.
But spice it all with the essence of love
And a little whiff of play,
Let a wise old book and a glance above
Complete the well-spent day.

A Recipe for a Happy Life.

Take a large quantity of Cheerfulness and let it simmer without stopping. Put with it a brimming basinful of Kindness, then add a full measure of Thought for other people. Mix into these a piling tablespoon of Sympathy. Flavor with essence of Charity. Stir well together and then carefully strain off any grains of Selfishness. Let the whole be served with Love sauce and Fruit of the Spirit.

Troubles of the Housewife.

From the time she gets up in the morning till she goes to bed at night everyone in the family from the husband to the washerwoman takes a complaint to Mother and drops it on her shoulders. If ever we have time to become a statistician, and get paid for figuring, we intend to find out how many complaints a woman hears from the day she enters her home in a shower of rice till the day she leaves it feet foremost in a box covered with roses.

Life Partnership.

Yet, in the most disinterested marriage, something more than love has to be considered. A young man, starting to make his way in the world, may not ask for wealth with the girl he loves, but he has a right to expect good health, good habits and a sound knowledge of housekeeping in all its phases. He is marrying not only the woman he loves, but

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a business partner, from whom he should expect competency. She is being loved for herself alone, but expertness should be a part of this self. A young woman, in making her marriage, may not ask for money, but she should expect her husband to have good health and habits, certain work and some savings. He, too, being loved for himself alone, but he should have too much self-respect to offer a girl any less than a competent self.

To ask this much of a life partner is not sacrificing love to worldliness. It is merely showing a due consideration to the next generation.

The Most of Life.

The women who get the most out of life are the busy women. Not necessarily those who set themselves regular tasks, not those who, from choice or necessity, are wage-earners, but the women whose days are full and whose interests are diversified.

The women who get the most out of life need not be clever, nor talented, nor beautiful. They need not have money, or great charm, but they must possess the ability for taking things as they find them, for making shifts cheerfully and for defying the "blues."

Marriage.

Married in white,
You have chosen all right;
Married in gray,
You will go far away;
Married in black,
You will wish yourself back;
Married in red,
You'd better be dead;
Married in green,
Ashamed to be seen;
Married in blue,
He'll always be true;
Married in pearl,
You'll live in a whirl;
Married in yellow,
Ashamed of the fellow;
Married in brown,
You'll live out of town;
Married in pink,
Your spirits will sink.

Sarah Bernhardt's Ten Commandments.

To the woman who would keep young, and that is every woman, I give freely my ten commandments of youth:

1. Have one chief, absorbing interest in life.
2. Have other interests, "little interests" of life to keep you from becoming one-sided.
3. Decide what are the essentials of your life and concentrate upon them.
4. Decide what are the non-essentials and disregard them.
5. Be interested in everything that happens, for the moment, but do not let the interest become too deep.
6. Eat what you like and when you like, but not as much as you like.
7. Drink much water.
8. Sleep whenever, wherever you are sleepy.
9. Stop to rest for a minute many times a day. These little rests prolong life.
10. Find your work. Then regard that work as a pleasure, not a penalty.

A Delightful Pot Pourri.

A genuine old-fashioned pot pourri is made as follows: Pack half a peck of fragrant rose leaves in a bowl in layers with salt, using a small handful of fine salt to three of rose leaves. Let them stand in this way for five days, turning them twice daily. This should be done thoroughly. At the end of this time add three ounces of powdered allspice and one ounce of stick cinnamon. Let them rest again for about a week longer, stirring as before once each day. Now put them into the permanent pot pourri jar, mixing them first with half a pound of dried lavender blossoms, one ounce of bruised cloves, one more ounce of stick cinnamon, another of allspice, one nutmeg coarsely grated, a cupful of ginger root thinly sliced, half an ounce of anise seed, ten grains of Canton musk (finest quality) and finally two ounces of orris root. Mix them well together and place the jar in any suitable corner of the parlor or living room. A few drops of attar of rose or any desired extract of flowers can be added at any time.

Concerning Wrinkles.

According to a well-known complexion specialist, a few simple precautions in youth would defer wrinkles many years.

Women should avoid tears above all else. There is a lining to the membrane of the muscles around the eyes

which contains water. By crying, this water is lost. The supply is not equal to the exhaust, causing a dryness of skin which produces wrinkles.

A passive expression of countenance should be cultivated. People who call into action the muscles of the face while speaking wrinkle early in life. Frowning and laughing also produce wrinkles. It is better never to sleep on the face. Use down pillows when possible.

Gentle massage is an excellent thing, but one should be careful to always rub the same way. Even the lines in the forehead can be rubbed away if one is patient enough to do it.

All face lotions and powders having a tendency to dry the skin will produce wrinkles.

Preventing Wrinkles.

Beauty specialists are prone to admit there is nothing new under the sun, and that our grandmothers handed down many a formula that can be utilized to advantage in these days of well-groomed women.

One of the best of these old-fashioned beauty treatments is almond milk. It is a certain preventive for wrinkles, and when habitually used it softens and whitens the skin. The addition of a little alum improves it, the proportion being thirty grains of alum, three-quarters of an ounce of almond milk, and three ounces of rose water.

Almond milk is made by blanching and pounding twenty good-sized Jordan almonds in a mortar with half a teaspoonful of granulated sugar and a quarter of a pint of water. The nuts are reduced to powder, and after standing all night the liquid is strained. Either clear, or in combination with the alum, it is excellent for the skin. It should be gently rubbed in with the tips of the fingers several times a day and at night.

Another almond wrinkle preventive of later date is made of two gills of orange flower water, four ounces of high proof alcohol, two and a half ounces of glycerin, two ounces of powdered almonds, and one-quarter of an ounce of salicylic acid. The orange flower water is poured over the nuts, corked and allowed to stand all night. In the morning the alcohol, in which the acid has been dissolved, is added to the glycerin, and the whole combined, the last mixing being done slowly and thoroughly.

For Sachet Powder.

Gather pansies, roses of all varieties—the white ones are usually the most fragrant—verbenas, honeysuckles, sweet peas, sweet alyssum, rose geranium leaves and heliotrope and make your supply of sachet powder for the year.

Place the fragrant blossoms and leaves in a box and set in the sun until thoroughly dry.

When thoroughly dry throw the flowers out on a board and roll with a rolling-pin until reduced to a powder. Then add two ounces of Florentine orris root and twenty drops of the oil of jessamine or oil of geranium to one pound of leaves; also a dime's worth of the oil of lavender.

Mix all together thoroughly. Then it will be ready for use and will surpass any bought compound in sweetness and lasting qualities.

Freckle Cures.

Both buttermilk and lemon juice are excellent for taking off freckles. Squeeze the juice from a lemon into half a glass of buttermilk and apply several times daily. Always use cold cream before retiring, while giving this treatment. If you can get cucumbers this juice is also very effective. Slice the cucumbers, peel and all, and simmer until they can be pressed through a sieve, then add a little alcohol and use freely. But do not use both these treatments at the same time.

To remove hair on the lip use peroxide and ammonia (equal parts).

Use one ounce of sage and one ounce of green tea, steeped in one quart of water, then add a little alcohol, for the hair, to make it a pretty brown after shampooing.

Shampoo.

Five cents worth of salts of tartar, one and one-half bars of white soap (shaved) in water and let all boil until it bubbles.

Egg Shampoo.

Yolk of one egg, one pint of rain water (lukewarm) and one ounce of rosemary spirits. Beat the mixture thoroughly and use it warm, rubbing it well into the scalp. Rinse in several waters.

Dry Shampoo.

A most excellent shampoo is made by mixing four ounces of theriac with four ounces of orris root. Keep some of this in an old talcum box with sifter top, so that you can sprinkle it thinly and evenly through the hair. Brush the hair thoroughly and a clean scalp and beautiful lustrous hair can be achieved in less than twenty minutes.

Nothing is so good as this mixture to quickly remove the day's dust. It should be remembered, too, that much water is not good for the hair and frequent washing takes out the life and color.

Henna Paste.

One-quarter pound of powdered henna, four drachms of acetic acid, four drachms of white honey and four drachms of powdered rhubarb. Gloves should be worn while applying any of these coloring matters.

Wehrley's Hair Renewer.

Four ounces sugar of lead, six ounces black sulphur, one quart of sage tea. **Mix.**

Hair Dye.

Nitrate silver, thirty grains; sweet oil, one-half ounce; aqua ammonia, one-half ounce. **Mix.**

Wehrley's Hair Dye.

Crystal nitrate silver, forty grains; olive oil, four drachms; spirits of ammonia, four drachms; tincture Bergomot.

To Darken Gray Hair.

To half pint of water add one ounce of bay rum, one small box of Barbo Compound and one-fourth ounce of glycerine. These ingredients can be purchased at any drug store at very little cost. Apply to hair every other day until the gray hair is darkened sufficiently, then every two weeks. This mixture relieves scalp troubles and is excellent for dandruff and falling hair. It does not stain the scalp, is not sticky or greasy and does not rub off.

Dye for White or Light Eyebrows.

Boil an ounce of walnut bark in a pint of water for one hour, add a small lump of alum, and when cold apply with a camel's hair brush.

Home Manicuring.

Give your nails special care for half an hour once every week or two; if you do, a few minutes each day will keep them in good condition. Wash your hands with soap, using the nail brush freely. Dry them gently and push the skin back from the edge of the nail with an orangewood stick. Wood is preferable to metal for instruments to be used on the nails, as the latter is apt to scratch the surface. If the skin is stained, wrap a piece of cotton around the stick, dip it into a solution of peroxide which you can get from a druggist, and rub this swab around the nail. It is best not to cut the thickened skin away from the base of the nail, as this will only make it thicker. Keep it well moistened with olive oil or a good skin food and push it back gently. Persistent care of this sort will make the half moons come into prominence at the base of the nail and the surrounding flesh firm and smooth.

Clip the nails to the length desired and file them so that the edges are smooth and they are the same shape as the end of the finger. It is not good taste to have long pointed nails.

White spots on the nails are usually due to poor circulation or to poor health in general. You can get rid of them and erase the ugly ridges that sometimes mar the smooth surface by building up your system and improving the circulation. An effective paste to use at times is made of equal parts of refined pitch, or of turpentine and myrrh, melted and mixed together. This is spread on the nails at night and may be removed in the morning by rubbing with olive oil. Any ingredients for creams and lotions may be purchased at a drug store.

A Few Hints to Girls on What Men Dislike.

Men hate to be forced to acknowledge that a woman has done them a favor. They absolutely refuse to be patronized by a woman.

They object to a woman's indulging in personal criticism of another, however much they may do it themselves. They want a woman to display at least the semblance of the broadest charity.

They dislike a woman to say she does not know what she wants to do, but if she does assert herself and select a mode of entertainment not agreeable to the man, he votes her lacking in sympathy and consideration.

A man hates to be kept waiting or to be disappointed in an engagement. He can see no reason why a woman can-

not arrange her small affairs and so be punctual in keeping appointments with him. On the other hand, his business affairs are never small and must always pass muster as an excuse for tardiness or actual breaking of an engagement.

As a rule, men dislike women with fads and enthusiasms. They think clubs, making collections, going in for charity work, etc., all draw women away from their natural sphere in the home circle. Trifles like lodges, political meetings, collecting steins and incessant smoking are not fads or enthusiasm. They are privileged habits of men.

Men of all ages and conditions hate to receive suggestions for the betterment of their manners, appearance or bearing. They somehow believe that women should convey the needed lesson by mental telepathy, never by word of mouth, however carefully a woman may word her phrases.

Men dislike to carry a package or to be asked to do errands. Never suggest to a man whom you expect to marry that you would like him to accompany you on a shopping tour. The first crack in an engagement which led to a wide breach has often been given at a pure food exhibit or in the vicinity of a forty-nine-cent bargain sale.

Men detest sarcasm in a woman. They will turn morose or vindictive under a sarcastic speech when they would yield and even apologize before a torrent of feminine tears. If a girl is sarcastic before marriage, the man imagines she will be worse than shrewish after the ceremony is over.

The average man dislikes to see the woman of his heart in a low neck gown or a peek-a-boo waist. He may say the same effect on another woman is stunning, but he does not want the woman of his choice to "stun" other men.

The girl who poses to the point of affectation is particularly objectionable to the masculine taste. It is a wise girl who knows where the line is drawn between effective posing and posing that is affected. All men, like the great public, like to be fooled, particularly by women, but they do not want to know when they are fooled.

Recipe for Cooking Husbands.

A good many husbands are spoiled by mismanagement. Some women go about it as if their husbands were bladders and blow them up, then keep them constantly in hot water. Others let them freeze by their carelessness and indifference. Some keep them in a stew by irritating ways and words; others roast them. Some keep them in pickle all their lives. It cannot be supposed that any husband will

be tender and good, managed in this way, but they are really delicious when properly treated.

In selecting your husband you should not be guided by the silvery appearance, as in buying a mackerel, or by the golden tint, as if you wanted a salmon. Be sure to select him for yourself, as tastes differ. Do not go to market for him, as the best is brought to your door. It is far better to have none unless you will patiently learn to cook him.

A preserving kettle of the finest porcelain is best. See that the linen in which you wrap him is nicely washed and mended, with the required number of buttons and strings tightly sewed on. Tie him in the kettle with a strong silk cord called comfort, as the one called duty is apt to become weak. Make a clear, steady fire out of love, neatness and cheerfulness. Set him as near this as seems to agree with him. If he sputters and fizzles do not be anxious. Some husbands do this until they are quite done. Add a little sugar in the form called kisses, but no vinegar or pepper on any account. A little spice improves him, but it must be used with judgment. Do not stick any sharp instruments into him, to see if he is becoming tender—stir him gently. You cannot fail to know when he is done. If thus treated you will find him very relishable, agreeing nicely with you and the children, and he will keep as long as you want, unless you become careless and let him sit out in too cold a place.

HEALTH HINTS.

For Sore Throat.

Gargle with peroxide three or four times a day.

Three drops of iodine and two of laudanum in one-half cup of water and use as a gargle for sore throat.

A Good Gargle.

A simple remedy for hoarseness and tickling in the throat is made of the white of an egg beaten to a froth in one-half glass of warm sweetened water.

Help for Sore Throat.

Boil about thirty leaves of common sage in half a pint of vinegar for half an hour. When cold add one tablespoonful of honey. Use as a gargle diluted with a little warm water.

Hints for the Home Doctor.

Before applying a mustard plaster, lightly grease the skin; this will prevent a blister.

Cocoanut oil brushed over the eyebrows will promote their growth and give them a glossy appearance.

To relieve the pain of a badly pinched or bruised finger, plunge it immediately into very hot water.

Bilious headache has been known to yield to a cup of hot water to which has been added a generous pinch of cayenne pepper and a nip of soda as big as a pea.

Toe nails should never be cut down at the corners. Cut them straight across and shape them slightly at the corners. Keep the cuticle loose at the base of the nails. After the bath the cuticle will rub off very easily.

The Home Nurse Says

That a strong solution of borax applied twice a day will cure ringworms.

That a tablespoonful of ground mustard to a tumblerful of warm water is the rule for an emetic.

That bathing the chest each morning will greatly strengthen it; and friction should also be used.

That cornmeal poultices are too heavy where there is a great tenderness; flaxseed and slippery elm should be used instead.

Eczema.

If the eczema is acute bathe several times a day with equal parts of lime water, glycerine and water.

The Trained Nurse Says.

That many people who would enjoy the invigorating effects of a cold bath cannot take it because they cannot get over the feeling of chilliness which comes with the first plunge. This can be overcome if one stands in warm water and then takes the cold sponge bath.

Do not remain long in the cold bath. Five minutes is the limit. The first sensation is a feeling of depression, which is speedily followed by the reaction, when the blood returns to the surface. This occurs within five minutes, and it is then time to terminate the bath. A brisk rub-down with a turkish towel makes the blood tingle and the skin glow, and one is more fit for the daily grind.

Cold baths are a great protection against colds, and it is well to inure children in this way. After the child has

had his warm, cleansing bath, and while he is still in the tub, allow that water to run out, and at the same time start the cold water running into the tub. In this way the water is gradually colled, and the child is not shocked by the sudden cold temperature. When the water has become thoroughly cold, take the child out and rub quickly and thoroughly dry with the rough towel.

When giving castor oil to a small baby heat the oil first, and the baby will not evidence the pain which it frequently shows after the other method. The heating can be easily accomplished by putting the dose to be administered on the surface of some hot water. The oil does not scatter, is instantly heated, and easily gathered up into the spoon.

Never tip-toe into a sickroom. It is far more annoying to a sensitive patient than any noise you may make.

Baths for Delicate People.

Wet a Turkish towel in water of 80 to 90 degrees Fahrenheit, wring it out, but not too dry, and apply it with a vigorous friction all over the body until the skin feels warm and the blood is circulating. Each day let the towel be a little wetter. This will soon save the shock of stepping into the bath, increase the power of reaction and decrease the susceptibility to colds.

For a Burn.

If applied quickly, the white of an egg will relieve the stinging pain from a burn and prevent inflammation.

Use equal parts of linseed oil and limewater.

Flowers in the Sick Room.

A great deal of nonsense has been talked about the injurious effect of flowers in the sick-room. The presence of flowers with strong odors is usually offensive to persons in health, and, of course, is much more so to an invalid with supersensitive nerves. The presence, however, of flowers with delicate fragrance is generally beneficial. Certain colors are said to act favorably upon the nervous system. Red blossoms are stimulating, while delicate blue flowers are soothing.

To Purify a Room.

Pour a wineglassful of vinegar upon red-hot cinders, and let the vapor fill the room; then open doors and windows. Cold water absorbs bad odors; keep some in chamber utensils, but do not drink water that has stood very long in a sleeping room.

When a warm bath is taken, if the whole body from the crown of the head to the soles of the feet, is instantly sponged with cold water there will not be danger of taking cold. The cold water closes the pores naturally. They are left open unnaturally after a warm bath.

Except by definite instructions from a skilled physician, a sick person should never be awakened to take medicine, for under nearly every circumstance sleep is the first and best of nourishers and restoratives. It is nature's own medicine.

For the treatment of bleeding at the nose, the plunging of the feet and hands of the patient in water as hot as can be borne, is highly recommended. The most rebellious cases have never resisted this mode of treatment.

When the Ear Aches.

Take a small pinch of absorbent cotton, make a depression in the center and put in a few grains of ground pepper. Gather the cotton over it, drop the ball in sweet oil and insert in the ear. Cover with dry cotton and a bandage, and it will afford almost instant relief.

Cramps in Stomach.

A few drops of oil or essence of peppermint is good for cramps in the stomach and bowels and for diarrhoea. It should be taken in a little sweetened water.

For Worms in Children.

I tried this remedy on my seven-year-old niece, and it was very effective. Omit the breakfast. Mix together three tablespoonfuls brandy, and three tablespoonfuls sweet milk. Sweeten with loaf sugar. A half hour after taking it give a tablespoonful of castor oil.

To Stop Nose Bleed.

To stop nose bleed, take a small piece of cotton, saturate it with vinegar and insert in the nostril that is bleeding. Let it stay for a few minutes, when the bleeding will cease entirely.

For Frosted Feet.

Grate a potato and mix with salt; let stand for a little while and bind on feet. This is a sure cure for chilblains.

For sore and inflamed eyes dissolve one teaspoonful of powdered boracic acid in half a cup of hot water. Let it cool, and with a medicine dropper let fall one drop into the eye, also bathe the eyes freely with the solution, using medicated cotton.

Chilblains.

A most simple remedy has proved very successful in treating chilblains on the feet, and it may be applied to the hands as well. It is the Epsom salts treatment so often advised for rheumatism. Bathe the hands in a solution of two tablespoonfuls salts to a quart of lukewarm water, night and morning, allowing them to soak for eight to ten minutes. After drying, massage with olive oil until the skin is perfectly dry. Unless the case is advanced, a marked improvement will take place very shortly, though it is better to continue this treatment during the entire cold season, so that the chilblains may not recur.

Remedy for Pneumonia.

Last winter baby had pneumonia, and was given up by the doctor. But he said that if there was anything that would save her it was inhaling turpentine fumes and the application of mustard plasters. The kettle was put on with a small amount of water in it, and when boiling briskly a funnel was made of pasteboard and fitted over the spout of the kettle. A little turpentine was dropped on a small piece of cotton and put in the funnel, and the steam passed through the cotton. We laid baby in her carriage, put a sheet over it and pushed the end of the funnel under the sheet. She inhaled this for five minutes at a time every two hours, and we could notice that her breathing was easier. I really believe that this saved her life. The doctor said that this is the only remedy for croup, and creosote used the same way is a cure for whooping cough.

Recipe for White Swelling, Corns, Bunions and Warts.

One ounce nitric acid and four or five pennies. Put the latter in acid to be eaten by it, then add one-half pint of apple vinegar, one-half pint rain water.

Cure for Warts.

Burn common willow bark to ashes, put into a small bottle and cover deep with strong vinegar. Touch the wart with the solution often and it will steadily vanish.

Whiskey Balsam.

Dry a good sized balsam and put into a large-neck bottle and pour over it a pint of good whiskey. This is good for scratches, etc.

The Liver.

A yellow skin almost invariably means just one thing—an inactive liver. An inactive liver means one which has been overworked, and must now have its limitations respected. It must not be given a complete vacation—its idleness is the cause of your unbeautiful complexion—but it should be asked to do only absolutely necessary work.

First—Eight glasses of water daily, between, not at, meals; two of them at least half an hour before breakfast.

Second—The juice of a lemon, without sugar, in one of those two morning glasses of water.

Third—Plenty of fruits and green vegetables daily. Never let a day go by without fruit at at least two meals. Since you are deprived of sweet desserts, for the present, why not fruit at all the meals? An orange, half a grape-fruit, a baked apple, stewed prunes which have first been soaked for several hours, stewed figs treated in the same way, a baked pear or quince, apple-sauce, stewed dried fruits (very little sugar), canned fruits, if not very sweet (of course, no preserves or jams or jellies).

Fourth—Special exercises to stimulate the liver. This is important. You must exercise, in this way, ten to fifteen minutes, in the morning before dressing, and ten to fifteen minutes at night, after you are ready for bed. I hope you may also be inspired to take a long, brisk walk every day of your life. You need stirring up.

How to Escape Colds.

Colds can be arrested much easier than is generally supposed. With persons whose vital forces are vigorous colds are almost entirely due to carelessness. It is important that the feet be kept warm and dry and that the chest and abdomen be well protected. Care should be taken to avoid exposure when the stomach is empty. This is especially necessary. Warm flannels and woollens should be worn. Breathing through the nose should be practiced, and drafts should be strictly avoided. Young people who dance seem particularly careless about drafts. Then, the head should be kept dry. Do not wet the hair before going into the open air. Anyone careful about these little things will not be troubled with colds.

Good Remedies for Colds.

At the first sign of a cold give the child a teaspoonful of castor oil with one drop of turpentine. The latter keeps the oil from griping. Next take a tablespoonful each of lard and quinine, mix well, and add half a teaspoon each of kerosene, camphor, turpentine, and rub the chest, throat, and under the armpits with the mixture. This will not be too strong for a two-months-old infant. Heat a thick flannel bib and button around child's neck under clothes.

Repeat greasing every four hours. Wash off the old grease each time and thus keep the pores from clogging. One must have a warm room and be very careful of a new cold, or grave results will follow. Watch for the pneumonia cough—a dry, hacking cough, commencing suddenly with no other sign of a cold.

A poultice of fried onions or steamed hops is excellent for a cold on the lungs, the poultices being kept as hot as the child can bear them.

Put on heavy flannel shirt sat first sign of illness, and if an extra bib of flannel is used over lungs during the cold, keep it on till spring.

Cure for Cough.

Take ten cents' worth of rock candy (white, not colored), five cents paragoric, one large stick of licorice. Boil rock candy and licorice in one pint of water until it forms a syrup; pour into a dish, and when it commences to cool add the paragoric. Dose: One tablespoon every hour.

Sure Cure for Neuralgia.

Place a small mustard plaster on the elbow and leave it until the skin is red.

To Relieve a Nervous Headache.

Take one-half cup of hot water and squeeze into it one-half lemon, or black coffee with lemon juice.

For Chapped Hands.

Use equal parts of glycerine and rose-water.

For Corns.

Persistent use of lemon will eventually cure corns.

Cough Medicine.

Jamaica rum, honey, linseed oil—equal parts.

In Case of An Accident.

Immediately send for a physician; while waiting for him proceed as follows:

Drowning—First, loosen clothing; second, place patient face down with head and shoulders low; third, with finger clear mouth of foreign substances; fourth, press firmly on back and sides of chest to expel water; draw tongue well out of mouth and keep it so by tying string over it and under lower jaw; sixth, turn patient on back with tightly rolled coat under shoulders; seventh, kneel at patient's head, grasp arms below elbows and draw them above patient's head, making forearms touch ground; eighth, push the arms forward, cross them over the lower part of chest and press firmly; ninth, repeat these movements eighteen times a minute; tenth, every two minutes turn patient on face and press firmly on back and sides of chest to expel water; eleventh, other should replace wet clothes with dry ones and make hot applications; twelfth, continue these measures at least two hours; thirteenth, when patient begins to breathe give stimulant, hot drinks, and rub legs upward, vigorously.

Burns and Scalds—Cover with cooking soda and lay wet cloths over it. White of eggs and olive oil. Olive or linseed oil, plain, or mixed with chalk and whiting.

Lightning—Dash cold water over person struck.

Sunstroke—Remove patient to shady place, apply ice to head and neck, sponge body with cold water.

Mad Dog or Snake Bite—Tie band above wound and burn with iron at white heat; or cut out wound, making it bleed freely and then apply nitric acid.

Venomous Insect Stings, etc.—Apply weak ammonia, oil, salt water, or iodine.

Fainting—Place flat on back; allow fresh air, and sprinkle with water.

Tests of Death—Hold mirror to mouth; if living moisture will gather. Push pin into flesh; if dead, the hole will remain; if alive, it will close up.

Cinders in the Eye—Roll soft paper up like a lamp lighter and wet the tip to remove, or use a medicine dropper to draw it out. Rub the other eye.

Do not choose between these remedies, but apply as many as possible in the order given. Most of these treatments are only partial, and a doctor should be sent for at once to supplement the earlier antidotes. The first object of each is to cause evacuation or purging. Above all, do not lose your head, but keep cool, and all will be well.

Antidotes for Poisons.

First—Send for a physician.

Second—Induce vomiting, by tickling throat with feather or finger; drinking hot water or strong mustard and water. Swallow sweet oil or whites of eggs.

Acids are antidotes for alkalies, and vice versa.

Special Poisons and Antidotes.

Acids—Muriatic, Oxalic, Acetic, Sulphuric (Oil of vitriol), Nitric (Aqua Fortis). Antidotes—Soap-suds, magnesia, lime water.

Prussic Acid. Antidotes—Ammonia in water. Dash water in face.

Carbolic Acid. Antidotes—Flour and water, mucilaginous drinks.

Alkalies—Potash, Lye, Hartshorn, Ammonia. Antidotes—Vinegar or lemon juice in water.

Arsenic—Rat Poison, Paris Green. Antidotes—Milk, raw eggs, sweet oil, lime water, flour and water.

Bug Poison—Lead, Saltpeter, Corrosive Sublimate, Sugar of Lead, Blue Vitriol. Antidotes—Whites of eggs, or milk in large doses.

Chloroform—Chloral, Ether. Antidotes—Dash cold water on head and chest. Artificial respiration.

Carbonate of Soda—Copperas, Cobalt. Soap suds and mucilaginous drinks.

Iodine—Antimony, Tartar Emetic. Antidotes—Starch and water astringent infusions. Strong tea.

Mercury and its Salts. Antidotes—Whites of eggs, milk, mucilages.

Opium—Morphine, Laudanum, Paregoric, Soothing Powders or Syrups. Antidotes—Strong coffee, hot bath. Keep awake and moving at any cost.

Poisons and Their Antidotes.

It is well for even the layman—or laywoman—to know some of the antidotes for the more common poisons, for so quick is their action that often the victim may be beyond recovery by the time the doctor arrives, says a writer in the Washington Times. Here, then, are a few, arranged alphabetically for convenience. They do not in any case give all the remedies, but all those most likely to be found in the ordinary household:

Alcohol—Strong coffee; aromatic spirits of ammonia; keep body warm and head cold.

Aniline Inks or Dyes—Brandy or whisky; aromatic

spirits of ammonia; keep patient in horizontal position and supply plenty of fresh air.

Arsenic, Fly Paper, Fowler's Solutions, Etc.—Starch, linseed oil, elm bark, mucilage, sweet oil gruel; keep patient warm and give brandy or whisky to prevent collapse.

Benzine—Mustard; plenty of fresh air.

Camphor—Mustard, then castor oil after vomiting; brandy or alcohol; hot water bottles, etc.

Carbolic Acid—Alcohol, followed by water; vinegar or white of egg; apply warmth to extremities.

Carbonic Acid—Supply oxygen; cold water thrown on face; coffee.

Chloroform—Strong, hot coffee; hot and cold douches, restore respiration by working arms; if inhaled, not swallowed, lower head and pull tongue forward to admit fresh air.

Cocaine—Mustard and hot water; strong concoction of oak bark or walnut leaves.

Mercury, Gold or Copper Compounds—Mustard; white of egg; brandy.

Phosphorus, Rat Poison, Matches—Mustard; turpentine and water every half hour; charcoal and lime water; Epsom salts; no oil or fat.

Ptomaines—Mustard; strong tea; castor oil.

Silver Compounds—Salt and water or mustard; warm water; white of egg or milk.

Snake Bites—Suck wound; inhale ammonia; give aromatic spirits of ammonia; work arms if respiration is impaired.

Stings of Bees, Etc.—Ammonia water or onion; extract sting; stimulants.

Strychnine, Nux Vomica, Etc.—Mustard; strong tea; work arms if respiration is impaired.

Toadstools—Mustard; brandy; keep body warm.

Tobacco—Warm water or mustard; strong tea; abundance of water; brandy; keep patient recumbent; body warm and head cool.

Turpentine—Mustard; water; linseed oil, elm bark tea; hot fomentations to loins.

Zinc Compounds—Mustard; white of egg or milk; strong tea; hot fomentations.

Don't Kiss the Cat.

It must be a terrifying revelation to those who kiss their cats, that has been made by Prof. Fiocchi, the Italian chemist. He has found by experiment that when a cat

licks its lips it spreads over them a saliva in which there are swarms of minute bacilli not free from danger to human beings. When he inoculated rabbits and guinea pigs with this noxious substance they died within twenty-four hours; and he has come to the conclusion that it is dangerous for anyone to indulge in the habit of kissing cats.

Misses Maggie and Mary O'Neil



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